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- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Clases

STAFF:

Sean Clark – Recreation Programs Superintendent

Meghan Reed – Program Supervisor Kristen Hamill – Facilities Supervisor

Ryan Gregory - Program Senior Coordinator

Joan E Ivey – Riverview Gymnastics Coordinator
Jason Brown – Recreation Center Supervisor BMCC
Jeff Lefever – Recreation Center Supervisor DCC
Shaun Stith – Rec. Center Senior Coordinator DMCC

Cassie Morley – Staff Technician

ADMINISTRATIVE OFFICE:

Department of Parks, Recreation, and Tourism Fountain Plaza Two

700 Town Center Drive, Suite 320

Newport News, VA 23606 Phone Number: 926-1400

Instructional Class Update Line: 926-7277

IMPORTANT FACTS TO REMEMBER – No cash accepted.

- Acceptable forms of payment include: check, money order (payable to the City of Newport News), Visa, MasterCard, & American Express
- Report to class unless notified. All classes are subject to change based on enrollment
- Day abbreviations: Monday (M), Tuesday (Tu), Wednesday (W), Thursday (Th), Friday (F), and Saturday (S).

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Location	Facility	Address
ВМСС	Brittingham-Midtown Community Center	570 Mclawhorne Dr.
CWCC	Courthouse Way Community Center	14302 Old Courthouse Way
CC	City Center	700 Town Center Dr.
DCC	Denbigh Community Center	15198 Warwick Blvd.
DMCC	Doris Miller Community Center	2814 Wickham Ave.
LCC	Liberty Community Center	3201 Washington Ave.
PILETC	Pilates, Etc.	11711 Jefferson Ave.
PLEX	Hampton Roads Ice Plex	401 Village Avenue, Yorktown
RGC	Riverview Gymnastics Center	125 City Farm Rd.
SRAC	Stoney Run Athletic Complex	15194 Warwick Blvd.
WRC	Warwick Recreation Center	29 Copeland Lane

For a Complete List of Classes & Descriptions, Please Visit Our Website at www.nnparks.com/active

Bring A Friend Week

Bring a friend/family member with you to class the last week of the session for a free trial. (Adult classes only. Limit one friend per registered participant.)

Art Computers

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
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ART

DRAWING & PAINTING FOR ADULTS

Registration Fee: \$35.00 Ages: 18 and up

The class will spend 4 weeks learning basic drawing skills using both drawing pencils and color pencils, then spend 4 weeks learning how to paint using watercolors and acrylics. Participants will pay \$20 to the instructor for supplies and materials on the first day of class.

I519.401 BMCC 6:30pm to 8pm April 16 - June 4 Th LaBelle, H I519.101 BMCC 6:30pm to 8pm July 9 - Sept. 3 Th LaBelle, H

DRAWING & PAINTING FOR TEENS

Registration Fee: \$35.00 Ages: 12-18

Teens will spend 4 weeks learning basic drawing skills using both drawing pencils and color pencils, then spend 4 weeks learning how to paint using watercolors and acrylics. Participants will pay \$20 to the instructor for supplies and materials on the first day of class

I518.401 BMCC 4:30pm to 5:30pm April 14 - June 2 Tu LaBelle, H I518.101 BMCC 4:30pm to 5:30pm July 7 - Sept. 1 Tu LaBelle, H

OIL & ACRYLIC PAINTING

Registration Fee: \$45.00

Ages: 13 and up

This is a class for those who would like to experience the creativity of painting. Whether a beginner or intermediate-level painter, you will enjoy the fun and relaxing way of expressing yourself. The instructor has a BFA and 26 years of experience in teaching this fun art form. For beginners, a supply list will be distributed and explained at the first class. Intermediate painters may bring their materials they already have along with a photo to work from. Easels will be provided.

I582.401 BMCC 6pm to 8pm April 15 - June 3 W LaBelle, F I582.101 BMCC 6pm to 8pm July 8 - Aug. 26 W LaBelle, F

OIL PAINTING & OTHER MEDIA (INT/ADV)

Registration Fee: \$65.00 Ages: 18 and up

This course offers continuing instruction in oil painting, of the intermediate to advanced level for adults who have prior classroom painting experience. Students will work on projects of their choice with individual help from the instructor. The course is directed by an instructor with over 25 years of experience in various forms of art creation.

1540.401 BMCC 2pm to 5pm April 16 - June 4 Maslikova, O 1540.402 BMCC Maslikova, O 6pm to 9pm April 16 - June 4 Th 1540.101 **BMCC** July 9 - Aug. 27 Maslikova, O 2pm to 5pm Th 1540.102 BMCC 6pm to 9pm July 9 - Aug. 27 Maslikova, O

ART - CHILDREN'S

ART FOR HOME SCHOOL STUDENTS

Registration Fee: \$30.00

Students will create art projects using the elements of Art and Principles of Design. Students will incorporate Art History into their drawing, painting, 3-D, and sculpture projects. A variety of materials will be used. A supply fee of \$10 is payable to the instructor at the first class.

Ages: 5-7

0					
1559.401	BMCC	9am to 10am	April 14 - June 2	Tu	LaBelle, H
1559.101	BMCC	9am to 10am	July 7 - Aug 25	Tu	LaBelle, H
Ages: 8-10)				
1560.401	BMCC	10:30am to 11:30am	April 14 - June 2	Tu	LaBelle, H
1560.101	BMCC	10:30am to 11:30am	July 7 - Aug 25	Tu	LaBelle, H
Ages: 11-1	L3				
1561.401	BMCC	Noon to 1:30pm	April 14 - June 2	Tu	LaBelle, H
1561.101	BMCC	Noon to 1:30pm	July 7 - Aug 25	Tu	LaBelle, H
Ages: 14-1	L8				
1562.401	MCC	2pm to 4pm	April 14 - June 2	Tu	LaBelle, H
1562.101	MCC	2pm to 4pm	July 7 - Aug 25	Tu	LaBelle, H

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Clases

If you want to take a class but don't want to buy paint, you may buy the use of the instructor's paints for \$5.

Please register TWO WEEKS prior in order for the instructor to contact you with your supply needs.

ART - CHILDREN'S

PEE WEE PICASSOS

Registration Fee: \$35.00 Ages: 4-7

Get Creative! Let the mind wander and put your imagination caps on as you experiment with different mediums such as watercolor, finger paints, tempera and crayons. A supply fee of \$10 is payable to the instructor at the first class.

 I556.401
 BMCC
 9am to 9:50am
 April 18 - June 6
 Sa
 LaBelle, H

 I556.101
 BMCC
 9am to 9:50am
 July 11 - Aug. 29
 Sa
 LaBelle, H

Y.A.L.E.

Registration Fee: \$49.00 Ages: 8-12

Young Artist Learning Explorers is designed to introduce students to a variety of art mediums through the use of the Elements of Art. Your young artist will experiment each week with a new element and new technique including drawing, painting, sculpting and print making. This class is for all ability levels. A supply fee of \$20 is payable to the instructor at the first class.

1558.401 11am to 1pm April 18 - June 6 Sa LaBelle, H 1558.101 11am to 1pm July 11 - Aug. 29 Sa LaBelle, H

CHILDREN'S EDUCATION & SOCIAL

GIRLS R US

Registration Fee: \$89.00 Ages: 6-12

This club is a full circle wellness program for young ladies. It will empower girls in all aspects of life. Week to week, they will engage in hands-on fun activities on topics including: Physical Fitness, Our Planet, Inner Beauty, Personal Care, Good Nutrition, Etiquette and more! Girls just wanna have FUN!

1229.401 RGC 10:30am to 11:30am April 18 - June 6 Sa 1229,402 DCC April 18 - June 6 Sa 1pm to 2pm 1229.102 DCC 10:30am to 11:30am July 11 - Aug. 29 Sa 1229.103 WRC 10:30am to 11:30am July 11 - Aug. 29 Sa

COMPUTERS

3D ANIMATION AND GAME DESIGN

Registration Fee: \$50.00 Ages: 7 and up

This beginner class focuses primarily on 3D computer modeling and animation using the free software Anim8or with just a little touch of beginning game design using the software, Gamemaker. In Anim8or, students will learn how to use and manipulate three dimensional shapes to create objects, backgrounds and characters; how to create movable figures that can walk, run, fly, swim, etc.; and how to put their creations together to make a video. In Gamemaker, students will learn how to use their anim8or creations to make characters and backgrounds for a video game.

I625.401 DCC 2pm to 2:50pm April 18 - June 6 Sa Auberg, J I625.101 DCC 2pm to 2:50pm July 6 - Aug. 24 M Auberg, J

Decorative Painting

- Registration information is on page 22-23 or call 926-1400
- · Registrations accepted beginning February 26, 2015.

COMPUTERS

ADOBE PHOTOSHOP - BEGINNING

Registration Fee: \$30.00 Ages: 14 and up

This course will examine the features of Adobe Photoshop including: organize image assets by using the Layers palette; use basic tools inthe tool box to electronically manipulate images; use the Color Picker in order to choose colors for filling objects, painting, and drawing; multiple keyboard shortcuts to increase speed in workflow; and add and modify text in images.

I610.401 BMCC 6pm to 7:45pm May 11 - May 14 M W Th Thompkins, J I610.101 BMCC 6pm to 7:45pm Aug. 10 - Aug. 13 M W Th Thompkins, J

MS ACCESS - BEGINNING

Registration Fee: \$30.00 Ages: 14 and up

This class will examine the basic features of Access including: creating your first database, use an existing database, adding and deleting records, finding records, creating and editing queries, creating simple reports, printing and creating basic charts.

I603.401 BMCC 6pm to 7:15pm April 27 - April 30 M W Th Thompkins, J I603.101 BMCC 6pm to 7:15pm July 27 - July 30 M W Th Thompkins, J

MS ACCESS - INTERMEDIATE

Registration Fee: \$30.00 Ages: 14 and up

This course is primarily designed for people who need to know how to work with data in existing databases. Students should have completed the Beginning Access course or have a basic knowledge of Microsoft Access, especially building a database file and data tables. You will learn: how to backup a database, import into access and more.

I609.401 BMCC 6pm to 7:15pm June 8 - June 11 M W Th Thompkins, J I609.101 BMCC 6pm to 7:15pm Aug. 31 - Sept. 3 M W Th Thompkins, J

MS EXCEL - BEGINNING

Registration Fee: \$30.00 Ages: 14 and up

This class will examine the basic features of Excel, including creating your first spreadsheet/ worksheet, editing and formatting spreadsheets, using simple formulas and functions, using reference cells, printing options.

I602.401 BMCC 6pm to 7:15pm April 20 - April 23 M W Th Thompkins, J I602.101 BMCC 6pm to 7:15pm July 20 - July 23 M W Th Thompkins, J

MS EXCEL - INTERMEDIATE

Registration Fee: \$30.00 Ages: 14 and up

This course is intended for current Microsoft Excel users who wish to extend their knowledge and skills beyond building simple workbooks. Students should have already completed Excel beginners or have equivalent knowledge prior to taking this course. You will learn to create a variety of charts (graphs), advanced formatting techniques, share information across spreadsheets and more.

 I606.401
 BMCC
 6pm to 7:15pm
 June 1 - June 4
 M W Th
 Thompkins, J

 I606.101
 BMCC
 6pm to 7:15pm
 Aug. 24 - Aug. 27
 M W Th
 Thompkins, J

MS POWERPOINT - BEGINNING

Registration Fee: \$30.00 Ages: 14 and up

This class will examine the features of Microsoft PowerPoint including: creating a new presentation, view presentation, changing background color, entering text, navigating through the presentation, and formatting text slides.

I607.401 BMCC 6pm to 7:15pm May 4 - May 7 M W Th Thompkins, J I607.101 BMCC 6pm to 7:15pm Aug. 3 - Aug. 6 M W Th Thompkins, J

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COMPUTERS

MS WORD - BEGINNING

Registration Fee: \$30.00 Ages: 14 and up

This class will examine the features of Microsoft Word, including: basic word processing, opening/closing/saving documents, inserting tables and tabs, editing/formatting techniques, using spell check and print preview.

I604.401 BMCC 6pm to 7:15pm April 13 - April 16 M W Th Thompkins, J I604.101 BMCC 6pm to 7:15pm July 13 - July 16 M W Th Thompkins, J

MS WORD - INTERMEDIATE

Registration Fee: \$30.00 Ages: 14 and up

This course is aimed at people who need to know how to use Microsoft Word to enhance basic Word documents. Students should have completed Word beginning course or be able to create basic documents in Microsoft Word. You will learn to work with tables, add graphics, do a mail merge, create mailing labels, working with headers and footers, using templates and create a table of contents.

I605.401 BMCC 6pm to 7:15pm May 18 - May 21 M W Th Thompkins, J I605.101 BMCC 6pm to 7:15pm Aug. 17 - Aug. 20 M W Th Thompkins, J

COOKING - CHILDREN'S KID'S BEGINNER CAKE DECORATING CAMP

Registration Fee: \$125.00 Ages: 7-13

Students will learn the BASICS of cake decorating! Students will learn how to make buttercream icing for decorating, color icing, filling icing bags, ice cakes/cupcakes along with stars, borders, dots, writing and MORE! Learn from a Certified Cake Decorator! Students will bake their own cakes/cupcakes during class/ All treats made and decorated are sent home with the students each day. Get ready to DECORATE! Please note any food allergies with registration. Camp fee includes ALL supplies.

1891.101 CWCC 8:45am to 11:45am July 6 - July 10 M Tu Th F Boho, M

KID'S CAMP CHOCOLATE

Registration Fee: \$115.00 Ages: 7-12

This 4-day camp is an INTENSE hands-on class each day. We teach the class giving everyone the history about the company and how we got started. In addition, we teach the students about the different types of chocolate along with the health benefits and ingredients to look for (and what not to look for) when selecting the Chocolate for dipping techniques. We do a chocolate taste test to identify different chocolates. Not all chocolate is the same! We also learn about where Chocolate comes from, what the beans look like, how it is processed etc., until it gets to a final solid form. Students also learn about chocolate trivia and important facts about chocolate. We DO NOT use ANY peanuts or peanut butter in any of our classes. If a student has ANY food allergy we need to know in advance. Students will learn about how to mold Chocolates in candy molds and the different types of candy molds, making chocolate dessert cups and chocolate shavings to complete any dessert. We will also flavor chocolates, dip buttercreams, make chocolate cheesecake for our dessert cups, and so much more! If you LOVE chocolate and appreciate chocolate, this camp is for YOU!!

1892.101 DCC 9am to Noon Aug. 3 - Aug. 7 M Tu Th F Boho, M

KID'S DESSERT CAMP

Registration Fee: \$115.00 Ages: 7-12

It's All About Desserts! Students will learn how to make simple desserts for special occasions and entertaining! Cheesecakes, Tortes, Dessert Cups and other simple desserts will be made each day! Please note any food allergies at the time of registration. All treats made during class are taken home each day. Note: Bring an apron or dress accordingly and tie back long hair for class Students will need to bring a snack and a drink each day. Camp fee includes ALL Supplies.

1893.101 CWCC 8:45am to 11:45am Aug. 17 - Aug. 21 M Tu Th F Boho, M

Cooking Dance

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

COOKING - CHILDREN'S

KID'S CHOCOLATE-DIPPED FRUITS & DESSERT CUPS

Registration Fee: \$16.00 Ages: 6-12

Students will learn how to prepare fresh fruits for dipping along with toppings to decorate. Fresh fruits could range from strawberries, bananas, grapes and/or oranges. Students will also learn how to make Mini chocolate dessert cups! This is a great addition for using with small fruits, chocolate mousse or ice cream! Everyone loves these and these are so easy to make! As a BONUS students will also get to dip marshmallows and we will assemble on a skewer with some of our dipped fruits! Always a favorite! Class fee includes all supplies! I890.401 DCC 9:30am to 11:30am June 20 Sa Boho, M

KID'S SUMMER BEACH CUPCAKE DECORATING

Registration Fee: \$16.00 Ages: 7-12

This class will introduce students to basic cake decorating skills using buttercream icing. We will be getting ready for the "beach" and making our creations with umbrellas, flip flops, beach balls, and shells! Please note any food allergies with registration. All cupcakes decorated are taken home. Note: Please tie back long hair and bring an apron.

I892.401 DCC Noon to 2pm June 20 Sa Boho, M

DANCE - CHILDREN'S

BALLET - LEVEL 1

Registration Fee: \$45.00 Ages: 4-6

Come and learn how to chaine, leap and so much more! Students will progress from week to week as they learn how to use the barre correctly and learn all five positions. Students will also practice their plies, grand plies, tendus, grand tendus and passes at the barres weekly. Ballerinas may wear any color leotard with or without a skirt, pink or white tights and pink ballet shoes. Male dancers may wear black dance pants with a t-shirt and black ballet shoes.

1366.410	RGC	4:30pm to 5:20pm	April 13 - June 15	M	Ivey, M
1366.411	RGC	3:30pm to 4:20pm	April 14 - June 16	Tu	Ivey, M
1366.412	RGC	4pm to 4:50pm	April 15 - June 17	W	Ivey, M
1366.413	RGC	6pm to 6:50pm	April 15 - June 17	W	Ivey, M
1366.414	RGC	9am to 9:50am	April 18 - June 20	Sa	Ivey, M
1366.110	RGC	10am to 10:50am	July 6 - Aug. 10	M	Ivey, M
1366.111	RGC	4:30pm to 5:20pm	July 6 - Aug. 10	M	Ivey, M
1366.112	RGC	9am to 9:50am	July 7 - Aug. 11	Tu	Ivey, M
1366.113	RGC	3:30pm to 4:20pm	July 7 - Aug. 11	Tu	Ivey, M
1366.114	RGC	11:30am to 12:20pm	July 8 - Aug. 12	W	Ivey, M
1366.115	RGC	6pm to 6:50pm	July 8 - Aug. 12	W	Ivey, M
1366.116	RGC	9am to 9:50am	July 11 - Aug. 15	Sa	Ivey, M

BALLET - LEVEL 2

Registration Fee: \$45.00 Ages: 6-8

This 50 minute class will allow students to be introduced to the techniques and specifics of ballet. We will practice passes, splits, leaps, kicks, arabesques, glissades and much more. Students will also work on the barre, practicing plies, grand plies, tendus, grand tendus, and different combinations and foot work. Students must have at least two prior sessions of level one class and a teacher recommendation. Required dress includes a leotard (any color) with or without a skirt, pink or white tights and pink ballet shoes.

1370.401 RGC	4:30pm to 5:20pm	April 15 - June 3	W	Ivey, M
1370.101 RGC	4:30pm to 5:20pm	July 8 - Aug. 12	W	Ivey, M

RRING A FRIFND WFFK

Bring a friend/family member with you to class the last week of the session for a free trial. (Adult classes only. Limit one friend per registered participant.)

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
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DANCE - CHILDREN'S BALLET/TAP - LEVEL 1

Registration Fee: \$45.00

The first half of this class will be working on ballet. Students will learn how to chaine, leap, do barre work and so much more. The second half of the class, students will work on many types of shuffles, flaps, toe and heel taps. We will learn to make music with our feet, boogieing along with different genres of music. Students are required any color leotard with or without a skirt and pink or white tights. For tap, students can remain in ballet attire. Students will need both a pair of pink leather ballet shoes and black leather tap shoes.

Ages: 7-12

I391.401 RGC 10am to 11am April 18 - June 20 Sa Ivey, M

Ages: 9-12

I392.101 RGC 10am to 11am July 11 - Aug. 15 Sa Ivey, M

BALLET/JAZZ - LEVEL 1

Registration Fee: \$45.00 Ages: 4-6

The first half of this class will be working on ballet. Students will learn how to chaine, leap, do barre work and so much more. The second half of the class, students will work on many types of shuffles, flaps, toe and heel taps. We will learn to make music with our feet, boogieing along with different genres of music. Students are required any color leotard with or without a skirt and pink or white tights. For tap, students can remain in ballet attire. Students will need both a pair of pink leather ballet shoes and black leather tap shoes.

1390.401	RGC	4pm to 4:50pm	April 16 - June 18	Th	Ivey, M
1390.101	RGC	9am to 9:50am	July 9 - Aug. 13	Th	Ivey, M
1390.102	RGC	4pm to 4:50pm	July 9 - Aug. 13	Th	Ivev. M

BEGINNER DANCE CAMP I

Ages: 4-6

Dance Camp Students enjoy a compact week of themed fun, filled with discovering and learning every aspect of the dancing world. Everyone will have the opportunity to explore two main categories Dance and Arts & Crafts. The whole group will produce, create and be a part of a dance performance, which will be presented to family and friends on Friday. As the week goes by the children will learn many different genres of dance (Ballet, Tap, Jazz, Song & Dance...) alongside making and designing crafts and exploring new skills such as set design, film production and rehearsal procedures. The Dance Camp Students will bring home something new and exciting every day! Beginner camp is half day with a morning snack and juice provided.

Registration Fee: \$75.00

I380.101 RGC 9am to Noon June 29 - July 3 M Tu W Th F Ivey, M Registration Fee: \$95.00

I380.110 RGC 9am to 3pm June 29 - July 3 M Tu W Th F Ivey, M

HIP HOP DANCE - BEGINNER

Registration Fee: \$60.00 Ages: 4-9

Learn all the latest moves and have fun in this hip hop dance class! The interactive class will teach participants to move, use, and control the beat all while keeping fit! The classes will also teach discipline, skill, and knowledge of dance.

 I362.401
 BMCC
 11am to Noon
 April 18 - June 6
 Sa
 Kerns, K

 I362.101
 BMCC
 11am to Noon
 July 11 - Aug. 29
 Sa
 Kerns, K

HIP HOP DANCE - INTERMEDIATE

Registration Fee: \$60.00 Ages: 10-15

Continue with all the latest moves and have fun in this hip hop dance class! The interactive class will teach participants to move, use, and control the beat all while keeping fit! The classes will also teach discipline, skill, and knowledge of dance.

I360.401 BMCC Noon to 1pm April 18 - June 6 Sa Kerns, K I360.101 BMCC Noon to 1pm July 11 - Aug. 29 Sa Kerns, K

Dance Decorative Painting

- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

DANCE - CHILDREN'S JAZZ DANCE - LEVEL 1

Registration Fee: \$45.00

Students will learn pique turns, jazz turns, jazz square, fan kicks, kicks and much more. We will have so much fun with so many different genres of music and opportunities to have the students create their own choreography! Students are required to wear a leotard (any color) with jazz pants and black leather jazz shoes.

Ages 4-6

 I394.102
 RGC
 11:30am to 12:20pm July 7 - Aug. 11
 Tu
 Ivey, M

 Ages: 6-8
 I395.401
 RGC
 4:30pm to 5:20pm April 14 - June 16
 Tu
 Ivey, M

JAZZ/TAP - LEVEL 1

Registration Fee: \$45.00

Throughout the session, the dancers will learn both jazz and tap techniques. The goal for the dancers is to understand how jazz can be incorporated with tap. Over the weeks the dancers will learn both a jazz and tap routine to demonstrate the skills they will be learning, such as, turns, kicks, leaps, shuffles, ball changes, flaps, pull backs, and much more. The clothing requirements for girls are tights or black jazz pants, any color leotard or t-shirt. For boys, black jazz pants and any color t-shirt (no baggy shirts). The clothes will be acceptable for both jazz and tap. Lastly, dancers must have black jazz shoes and tap shoes.

Ages: 4-6				
I367.101 RGC	10:30am to 11:20an	n July 8 - Aug. 12	W	Ivey, M
1367.102 RGC	11:30am to 12:20pm	n July 9 - Aug. 13	Th	Ivey, M
Ages: 6-8				
I368.401 RGC	4:30pm to 5:20pm	April 16 - June 18	Th	Ivey, M
I368.101 RGC	5:30pm to 6:20pm	July 9 - Aug. 13	Th	Ivey, M
Ages: 9-12				
I369.401 RGC	7pm to 7:50pm	April 16 - June 4	Th	Ivey, M
1369.101 RGC	7pm to 7:50pm	July 8 - Aug. 12	W	Ivey, M

TAP DANCE - LEVEL 1

Registration Fee: \$45.00

Learn to tap dance like a star! Shuffles, ball-changes, toe taps, heal digs there are just too many to name. Explore the fun behind dancing with rhythms, accents, syncopations; your feet can do so much! Please wear dance leotard, tights or jazz pants, shorts and t-shirt for boys, black tap shoes.

Ages: 4-6

1371.401	RGC	4:30pm to 5:20pm	April 16 - June 18	Th	Ivey, M
1371.101	RGC	12:30pm to 1:20pm	July 9 - Aug. 13	Th	Ivey, M
Ages: 6-8					
1372.101	RGC	4:30pm to 5:20pm	July 9 - Aug. 13	Th	Ivev. M

City Arts Dance Company is looking for YOU!!



If you have a love of dance, shine on stage and are 5yrs old to 16 yrs old - then City Arts Dance Company is perfect for you! City Arts is a recreational dance group that has been performing in local festivals,

group that has been performing in local festivals, competitions and recitals throughout the area for nearly a decade, representing the City of Newport News Parks, Recreation and Tourism. On top of the performances and competitions the Company has weekly technical training in Ballet, Jazz and Tap, and they explore a wide range of dance genres.

Email cityartsdance@gmail.com for more information!

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Clases

DANCE - CHILDREN'S TINY TOTS BALLET

Registration Fee: \$45.00 Ages: 3-year-olds

"Good toes, naughty toes", "Plies", "Princess walks", "Butterflies", "Jumping bunnies", "Leaping horses"it's all so exciting! Please wear your favorite purple, pink or rainbow leotard with leather ballet shoes. Boys can wear shorts and a tee shirt.

1365.401	RGC	3:30pm to 4:20pm	April 13 - June 15	M	Ivey, M
1365.402	RGC	10:30am to 11:20am	April 14 - June 16	Tu	Ivey, M
1365.403	RGC	2:30pm to 3:20pm	April 15 - June 17	W	Ivey, M
1365.101	RGC	3:30pm to 4:20pm	July 6 - Aug. 10	M	Ivey, M
1365.102	RGC	10:30am to 11:20am	July 7 - Aug. 11	Tu	Ivey, M
1365.103	RGC	2:30pm to 3:20pm	Julv 8 - Aug. 12	W	Ivev. M

TINY TOTS TAP DANCE

Registration Fee: \$45.00 Ages: 3-year-olds

Learn to tap dance like a star! Shuffles, ball-change, toe taps, heal digs there are just too many to name. Explore the fun behind dancing with rhythms, accents, syncopations; your feet can do so much! Please wear dance leotard, tights or jazz pants, shorts and t-shirt for boys, black tap shoes.

I355.401 RGC 10:30am to 11:20am April 16 - June 18 Th Ivey, M I355.101 RGC 10:30am to 11:20am July 9 - Aug. 13 Th Ivey, M

DILLON'S DECORATIVE PAINTING ABSTRACT DESIGN

Registration Fee: \$30.00 Ages: 18 and up

Loosely based on Zentangle designs, you will create your own art. Make a personal statement using paint & canvas. Using your own color scheme and templates the instructor will provide, enter into the world of the abstract. With the instructor's help, you will learn about balance, good design & negative space. Bring your own acrylic paint, canvas and brushes.

I530.401 DCC 9am to 11am May 28 - June 11 Th Dillon, J

ANGELFISH

Registration Fee: \$25.00 Ages: 18 and up

Paint a brilliant angelfish under water on a 14" x 18" canvas. The special part of this project is using canned air to make a fantastic background representing coral and bubbles. Bring your own canvas, brushes and acrylic paint and a can of compressed air.

I528.401 DCC 9am to 11:30am May 11 - May 18 M Dillon, J

APPLES & CHERRIES CHALKBOARD

Registration Fee: \$30.00 Ages: 18 and up

Using black slate chalkboard paint and a $12" \times 20"$ board, you will paint a lovely chalkboard for your kitchen. You will embellish it with a cascade of apples, cherries, leaves and a ribbon. Cost of the board is \$10. Bring your own paint and brushes.

1522.401 DCC 9am to 11am April 16 - April 30 Th Dillon, J

BLACK EYED SUSANS

Registration Fee: \$30.00 Ages: 18 and up

Reminiscent of Georgia O'Keefe paintings, you will paint large flowers on a 16" x 20" canvas. Use bright colors to paint a cheerful scene of black-eyed Susan flowers with acrylics.

I531.401 DCC 9am to 11am June 1 - June 15 M Dillon, J

Don't see what you are looking for? Be sure to check our website weekly as we are always adding new classes, camps, workshops, events - www.nnparks.com/active

Decorative Painting Fabric & Thread

Instructional Classes

- Registration information is on page 22-23 or call 926-1400

· Registrations accepted beginning February 26, 2015.

DILLON'S DECORATIVE PAINTING

DAISIES ON CANVAS

Registration Fee: \$30.00 Ages: 18 and up

Paint an 18" x 24" canvas with 3 large daisies and a brilliant green background. Bring your

own canvas, acrylic paint and brushes.

1533.401 DCC 9am to 11am June 18 - July 2 Th Dillon, J

DON'T BE TOO "KOI"

Registration Fee: \$30.00 Ages: 18 and up

In this 16" x 20" canvas painting, you will incorporate a water scene with 5 or 6 koi fish, lily pads and swirling water. Color washes will be painted to keep the koi under water. Bring your own canvas, acrylic paint and brushes.

1525.401 DCC 9am to 11am April 20 - May 4 Dillon, J

EASTER EGG BOX

Registration Fee: \$20.00 Ages: 18 and up

Create 2 or 3 "old-timey" Easter eggs using "German" scraps on 6" paper-mache eggs. Create your own charming Victorian style paper-mache 6" Easter egg boxes using old-time European crafting "scraps & trims" for \$3.00. Bring a 1" sponge brush, paint, decopage medium & scissors. Cost of the 6" box is \$6.00

1520.401 DCC 9am to Noon April 13, 2015 Dillon, J

GOURD HEAD DOLL

Registration Fee: \$30.00 Ages: 18 and up

Sew, paint and glue this charming 12" doll. Her head is made out of a real 3" gourd. Her body is muslin and the dress calico. There is very little sewing & painting. Instructor will supply paint and gourd for \$3.00. You will need to bring your own fabric.

1526.401 DCC 9am to 11am May 5 - May 19 Dillon, J

GROSSE POINT LIGHTHOUSE

Registration Fee: \$30.00 Ages: 18 and up

Paint this 10" x 14" wood panel of a famous lighthouse in acrylics. A wooden welcome banner is attached to the top of the picture to welcome your guests to your summer home.

Cost of the wood panel is \$12.00.

1532.401 DCC 9am to 11am June 2 - June 16 Tu Dillon, J

MAGNOLIA

Registration Fee: \$30.00 Ages: 18 and up

Paint a close-up of a magnificent magnolia on a 14" x 18" canvas in acrylics. The black background will make the lone flower stand out. You can almost smell its fragrant odor. Bring your own canvas, acrylic paints and brushes.

July 13 - July 27 1510.101 DCC 9am to 11am Dillon, J

NORRIS MILL

Ages: 18 and up Registration Fee: \$30.00

Paint an "old-timey" mill found in Tennessee on a 14" x 18" canvas in acrylics. It's complete with a water wheel and a waterfall, trees and brushes. The instructor will call with complete supply list.

I512.101 DCC 9am to 11am July 16 - July 30 Dillon, J

ROSES ON A TRELLIS

Registration Fee: \$30.00 Ages: 18 and up

Paint a 14" x 18" canvas with roses on a weathered trellis in acrylics. Learn how to age your canvas with alcohol, then paint some graceful, weaving vines curving in and out between the trellis boards and add roses and rosebuds climbing on top of the trellis.

Dillon, J 1511.101 DCC 9am to 11am July 14 - July 28

Classes begin the week of April 13 (Spring) and July 6 (Summer)

Accepting MasterCard, Visa, or American Express for instructional Clases

DILLON'S DECORATIVE PAINTING SEED CARRIER

Registration Fee: \$20.00 Ages: 18 and up

Paint this 12" x 10" x 6" seed carrier. This is a "technique" class where you will learn to give your piece an old-age antique look, like it is 100 years old! Use paint, gesso and flour, then

paint "SEEDS" on the front panel. Cost of carrier is \$12.

1524.401 DCC 9am to 11am April 17 - April 24 Dillon, J 1524.402 DCC 9am to 11am April 18 - April 25 Sa Dillon, J

WREN ON A BRANCH

Registration Fee: \$25.00 Ages: 18 and up

Paint a wren perched on a tree branch on a windy day on a 14" x 18" canvas in acrylics. Use a spray bottle filled with water to create a motion-filled watercolor background in earth tones. Bring your own canvas.

9am to 11:30 am May 8 - May 15 1527,401 Dillon, J

ZENTANGLE

Registration Fee: \$30.00 Ages: 18 and up

Zentangle is a fun, relaxing art form that employs structured and coordinated patterns as a means of creating beautiful and interesting pieces of art. Bring a 9" x 12" sketch pad, Sharpie ultra fine black pen, ruler & any templates you may have. At the end of the 3 week class, we will make 4" ceramic tile coasters using this technique.

1529.401 9am to 11am May 7 - May 21 Dillon, J

ZINNEAS IN A COPPER KETTLE

Registration Fee: \$30.00 Ages: 18 and up

Paint a bouquet of zinneas in a copper kettle on a 12" x 12" canyas. Learn the secret of painting copper in acrylics for a realistic look. Bring your own canvas. The instructor will call with a supply list.

1521.401 9am to 11am April 14 - April 28 Tu Dillon, J

FABRIC & THREAD 2015 MYSTERY QUILT

Registration Fee: \$27.00 Ages: 15 and up

Join the fun in our annual mystery quilt event. Your beautiful quilt will emerge over 2 days as the mystery is solved. The pattern can be made by beginner to advanced quilters with ease and the fun is contagious. Instructor will call with supply list prior to the first class. 1760.101 10am to 3pm Aug. 7 - Aug. 8 Meekins, I

ADULTS LEARN TO SEW

Registration Fee: \$55.00 Ages: 17 and up

Ohana Arts Studio presents Adults Learn to Sew. Participants will learn to select and read a pattern, take measurements, operate a sewing machine, layout and cut patterns and more! This class is geared for the beginner sewist. No experience is necessary. Please bring your sewing machine if you have one.

1731.401 CWCC 7pm to 8pm April 13 - June 1 Μ Robbins, L

BARGELLO PLACEMATS

Registration Fee: \$18.00 Ages: 15 and up

Learn a simple, precise method to make these colorful Bargello-patterned placemats. These placemats require 6 fabrics and precise straight line sewing and rotary cutting skills. This technique is fun and addictive. Instructor will call with supply list prior to the first class.

1761.101 CWCC 6pm to 8pm Aug. 13 - Aug. 20 Meekins, I

Fabric & Thread Dance

- Registration information is on page 22-23 or call 926-1400
- · Registrations accepted beginning February 26, 2015.

FABRIC & THREAD BASKET TABLE RUNNER

Registration Fee: \$18.00 Ages: 15 and up

Create this delightful table runner to spruce up any table. The basket blocks are easily constructed and look great in countless fabric combinations. This $19\ 1/2"x\ 53"$ project can easily be enlarged in needed. Instructor will call with supply list prior to the first class.

1763.401 CWCC 6pm to 8pm June 4 - June 11 Th Meekins,

BEGINNING SEWING

Registration Fee: \$46.00 Ages: 15 and up

Beginner class includes the "how-to's" of using a sewing machine, measuring, selecting the proper pattern size, cutting and marking the easiest fabrics for sewing. Please bring your own sewing machine, pins, thread and scissors. Please wait to purchase other supplies after the first class.

 I705.401
 CWCC
 9am to 11am
 April 18 - May 30
 Sa
 Patterson, P

 I705.101
 CWCC
 9am to 11am
 July 11 - Aug. 15
 Sa
 Patterson, P

BIG PRINT QUILT

Registration Fee: \$27.00 Ages: 15 and up

Grab that favorite brig print fabric you've been saving, add 3 accent fabrics, and make this eye-catching quilt. The big print will be cut into large pieces making it easy to show it off in this $60 \ 1/2$ "x $66 \ 1/2$ " quilt. Instructor will call with supply list prior to the first class.

1764.101 CWCC 6pm to 8pm Aug. 27 - Sept. 10 Th Meekins, I

CHAIN LINKS QUILT

Registration Fee: \$27.00 Ages: 15 and up

Learn to make this striking traditional block pattern using time-saving methods. This $54 \, 1/2$ "x 70" quilt is designed to look good using solid or print fabrics. Once you conquer the block pattern, the rest of the quilt is a breeze. Instructor will call with supply list prior to the first class.

1765.401 CWCC 6pm to 8pm June 1 - June 15 M Meekins, I

CHINESE LANTERNS QUILT

Registration Fee: \$27.00 Ages: 15 and up

Gather your favorite Asian prints or an assortment of your favorite fabrics and create this colorful quilt. This 55"x69~1/2" quilt depicts rows of hanging lanterns that are simple to sew using quick rotary-cutting and machine piecing techniques. Instructor will call with supply list prior to the first class.

1766.401 CWCC 6pm to 8pm April 13 - April 27 M Meekins, I

ELASTIC APPLICATIONS

Registration Fee: \$13.00 Ages: 16 and up

Understand how to handle elastics from making casings to sewing in elastics like found in ready to wear. This class will cover how to determine elastic lengths and how elastic stretches so that you can compensate. Bring your favorite elastics for practice, 1/2 yard fabric, shears, pins, and notebook for notes and samples.

 I703.401
 CWCC
 9am to 11am
 June 13, 2015
 Sa
 Patterson, P

 I703.101
 CWCC
 9am to 11am
 Sept. 12, 2015
 Sa
 Patterson, P

FLOWERS IN THE CABIN QUILT

Registration Fee: \$27.00 Ages: 15 and up

Combine simple piecing techniques and machine-applique to produce this traditional pattern with a twist. This $66\ 1/2$ " x $66\ 1/2$ " quilt can easily be made larger or rectangular. Instructor will call with supply list prior to the first class.

1767.101 CWCC 6pm to 8pm August 3 - August 17 M Meekins, I

• Classes begin the week of April 13 (Spring) and July 6 (Summer)

· Accepting MasterCard, Visa, or American Express for instructional Clases

FABRIC & THREAD

HEMMING JEANS

Registration Fee: \$13.00 Ages: 15 and up

Don't pay exorbitant alteration prices to have your jeans hemmed! Learn how easy and quickly you can adjust and re-sew jeans yourself. Bring jeans to class, plus thread, shears, fabric markers, a tape measure, ruler, hammer and a #16 jeans machine needle.

1778.101 CWCC 11am to 1pm Sept. 12, 2015 Sa Patterson, P

HUNTER'S STAR QUILT

Registration Fee: \$27.00 Ages: 15 and up

Choose two fabrics with high contrast and create this traditional quilt pattern using precise rotary-cutting and machine-piecing techniques. This $58 \ 1/2$ "x70 1/2" quilt will be a focal piece in any room. Instructor will call with supply list prior to the first class.

I768.101 CWCC 6pm to 8pm July 9 - July 23 Th Meekins, I

INTERMEDIATE SEWING

Registration Fee: \$46.00 Ages: 15 and up

Intermediate class requires previous sewing experience or class prior to registration. Previous knowledge of operating a sewing machine and cutting patterns is needed. Participants learn to make buttonholes, shoulder pads, install zippers and apply elastic. Additional assistance in sewing patterns is provided. Bring project of choice to first class. Please bring your own sewing machine, pins, thread and scissors.

1708.402 CWCC 11am to 2pm April 18 - May 9 Patterson, P 1708.403 CWCC 11am to 2pm May 16 - June 13 Sa Patterson, P 1708.102 CWCC 11am to 2pm July 11 - Aug. 1 Sa Patterson, P 1708.103 CWCC 11am to 2pm Aug. 8 - Aug. 29 Sa Patterson, P

JAR QUILT WALL HANGING

Registration Fee: \$18.00 Ages: 15 and up

Learn precise and accurate foundation piecing skills while creating this whimsical wall hanging. This wall hanging can be made in more than 1 size and the jars can be "filled" with foods, quilting notions, baby items, toys, etc. Instructor will call with supply list prior to the first class.

1769.101 CWCC 10am to 2pm July 29 W Meekins, I

KIDS LEARN TO SEW

Registration Fee: \$55.00 Ages: 6-16

Ohana Arts Studio presents Kids Learn to Sew. Boys and girls will learn to sew, select and read a pattern, take measurements, operate a sewing machine, layout and cut patterns and more! This class is geared for the beginner sewist. No experience necessary. Please bring your sewing machine if you have one.

I700.401 CWCC 6pm to 7pm April 13 - June 1 M Robbins, L

KNITTING

Registration Fee: \$45.00 Ages: 16 and up

Learn to Knit! Knitting warm, comfortable, attractive clothing is calming to the mind and soothing to the spirit. Learn basic knitting stitches, techniques, cutting patterns, how to determine "gauge" and create your own designs. This class provides lots of time to practice, ask questions and discover the joy of this ancient craft in a social atmosphere.

I722.401 CWCC 6pm to 8pm April 15 - June 3 W Kausland, B

Class information subject to change

Don't see what you are looking for? Be sure to check our website weekly as we are always adding new classes, camps, workshops, events - www.nnparks.com/active

Fabric & Thread Gymnastics

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

FABRIC & THREAD

KNITTING & SCANDINAVIAN SWEATER

Registration Fee: \$45.00 Ages: 16 and up

Our combo class lets you choose between learn to knit or those who already know how to knit can come and learn how to create your own Scandinavian sweater. Knitting warm, comfortable, attractive clothing is calming to the mind and soothing to the spirit. This class provides lots of time to practice, ask questions and discover the joy of this ancient craft in a social atmosphere.

 1725.401
 CWCC
 9:30am to 11:30am
 April 14 - June 2
 Tu
 Kausland, B

 1725.402
 CWCC
 9:30am to 11:30am
 April 15 - June 3
 W
 Kausland, B

LIMEADE QUILT

Registration Fee: \$27.00 Ages: 15 and up

Choose 4 of your favorite coordinating fabrics and join the fun as you create this quick-to-make star filled quilt. This 56 1/2"x70 1/2" quilt is a great project to incorporate a lively striped fabric or a colorful print. Instructor will call with supply list prior to the first class. I770.101 CWCC 6pm to 8pm July 13 – July 27 M Meekins, I

MODERN GARDEN QUILT

Registration Fee: \$27.00 Ages: 15 and up

Using a layer cake of floral fabrics, or 30 different 10° squares, and a solid background fabric, make this colorful $49\ 1/2^{\circ}x\ 59\ 1/2^{\circ}$ garden quilt. This quilt is a snap to make for any quilter. Instructor will call with supply list prior to the first class.

1771.401 CWCC 10am to 4pm May 27 W Meekins, I

OLD GLORY WALL HANGING OR QUILT

Registration Fee: \$18.00 Ages: 15 and up

Show off your patriotic spirit by making this flag wall-hanging or with an added border, a cozy lap-size quilt. This beginner project is quickly completed using a simple rotary-cutting and machine piecing techniques. Instructor will call with supply list prior to the first class. I773.401 CWCC 10am to 2pm May 9 Sa Meekins, I

PEBBLES AND STONES QUILT

Registration Fee: \$27.00 Ages: 15 and up

This eye-catching quilt is a snap to make regardless of how difficult it may look. The resulting $54\ 1/2"x\ 78\ 1/2"$ quilt resembles a Trip Around the World pattern with a lot less work. Instructor will call with supply list prior to the first class.

1774.401 CWCC 6pm to 8pm April 16 - April 30 Th Meekins, I

PRAYER CHAIN WALL HANGING

Registration Fee: \$18.00 Ages: 15 and up

This charming wall hanging can be made with a favorite large print fabric, a pre-purchased panel, or a pre-made embroidery design. The borders are designed to highlight the focal fabric, making a lovely centerpiece for any wall. Instructor will call with supply list prior to the first class.

1775.401 CWCC 6pm to 8pm May 7 - May 14 Th Meekins, I

SEAM FINISHES

Registration Fee: \$13.00 Ages: 16 and up

Don't worry if you don't own a Serger! The inside of your garments will look as good as the outside when you utilize these seam finishes - Flat-felled, French seam or Hong Kong. Finish stitched by your regular sewing machine. Come and practice your skills. Bring basic sewing supplies - pins, shears, thread, sewing gauge, and 1/2 yard of muslin.

1714.401 CWCC 9am to 11am June 20 Sa Patterson, P

Classes begin the week of April 13 (Spring) and July 6 (Summer)

Accepting MasterCard, Visa, or American Express for instructional Clases

SUDOKU QUILT

FABRIC & THREAD

Registration Fee: \$27.00 Ages: 15 and up

If you or someone you know loves Sudoku puzzles, why not make a Sudoku quilt? Choose 9 different fat quarters and a background fabric and join us to make this $54 \ 1/2$ "x $64 \ 1/2$ " colorful quilt. This easy-to-make quilt is an ideal beginner project or a quick to finish project for a seasoned quilter. Instructor will call with supply list prior to the first class.

1776.401 CWCC 6pm to 8pm May 4 - May 18 M Meekins, I

TASSELS AND TWISTED CORD

Registration Fee: \$13.00 Ages: 15 and up

Have you inherited some old thread which is too old to sew with? Recycle this thread and make decorative tassels! Bring any threads you like and we will turn these threads into beautiful tassels with a twisted cord top. Embroidery skeins work great and any other threads. Come and have some fun! Bring to class your thread and scissors.

 I713.401
 CWCC
 9:30am to 11am
 June 6
 Sa
 Patterson, P

 I713.101
 CWCC
 9:30am to 11am
 Aug. 29
 Sa
 Patterson, P

ZIPPER PRACTICE

Registration Fee: \$13.00 Ages: 15 and up

Could you use some help with putting in zippers? This class will give you practice and the confidence to succeed. We will work with two zipper applications: centered and lapped. Bring to class 2 zippers, seam ripper, 1/4 yard of fabric, masking tape, zipper foot for your machine and basic sewing supplies.

1777.401CWCC11am to 1pmJune 20SaPatterson, P1777.101CWCC9am to 11amAug. 22SaPatterson, P

GYMNASTICS - ADULTS

BIG KID'S GYM

Registration Fee: \$40.00/\$50.00 Ages: 14-74

Calling all those big kid gymnasts-past, present or want to be!! This class is specifically designed for those adults wishing to learn, improve or practice their skills in gymnastics. Class includes proper stretching and warm-up, skill acquisition on the floor, vault, balance beam and bars, and cooldown/conditioning activities.

1332.401 RGC 7:30pm to 8:30pm April 16 - June 25 Th 1332.402 RGC 7pm to 8pm April 17 - June 19 F Th 1332.101 RGC 7:30pm to 8:30pm July 9 - Aug. 27 1332.102 RGC July 10 - Aug. 28 7pm to 8pm

GYMNASTICS - BOYS'

BOYS' BEGINNER GYMNASTICS

Registration Fee: \$40.00/\$50.00 Ages: 6-9

Got one of those live wire, tree climbing boys? Put all that power, balance and strength to the test in this fun-filled class designed especially for boys. Activities are geared to emphasize upper body strength, abdominal strength, balance, flexibility, coordination and tumbling skills. Once fundamentals are mastered, gymnasts challenge themselves on the vault, bars and rings. Must be enrolled in first grade.

1317.405	RGC	4:30pm to 5:30pm	April 14 - June 16	Tu
1317.403	RGC	5pm to 6pm	April 15 - June 17	W
1317.404	RGC	1pm to 2pm	April 18 - June 20	Sa
1317.105	RGC	4:30pm to 5:30pm	July 7 - Aug. 25	Tu
1317.103	RGC	5pm to 6pm	July 8 - Aug. 26	W
1317.104	RGC	1pm to 2pm	July 11 - Aug. 29	Sa

Gymnastics

- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

GYMNASTICS - BOYS'

BOYS' INTERMEDIATE GYMNASTICS

Registration Fee: \$40.00/\$50.00 Ages: 8-12

Intermediate level is for boys who have mastered beginner level skills and have been recommended by a gymnastics instructor.

I318.402 RGC 1pm to 2pm April 18 - June 20 Sa I318.102 RGC 1pm to 2pm July 11 - Aug. 29 Sa

GYMNASTICS - CHEERLEADING

TUMBLING FOR CHEERLEADERS

Registration Fee: \$40.00/\$50.00

Ages: 8-12

Get a leg up on the competition! Join us to improve skills and learn the fundamentals of tumbling used by cheerleaders for dance routines, competition performances and to inspire spirit for your favorite team. Tumbling skills emphasized include the cartwheel and round-off, walkovers, handsprings, aerials and tucks. In addition, improve your flexibility for splits and stunts. Regardless of experience level, your tumbling skills are challenged.

1341.401	RGC	7pm to 8pm	April 13 - June 15	Μ
1341.402	RGC	4pm to 5pm	April 17 - June 19	F
1341.101	RGC	7pm to 8pm	July 6 - Sept. 7	Μ
1341.102	RGC	4pm to 5pm	July 10 - Aug. 28	F

GYMNASTICS - GIRLS'

GIRLS' BEGINNER GYMNASTICS

Registration Fee: \$40.00/\$50.00

Ages: 6-1

In our progression gymnastics program, school-age children develop total body strength, balance, coordination and tumbling skills through activity circuits and conditioning drills. Once fundamentals are mastered, gymnasts test their skills on the balance beam, vault and uneven bars. Class contests, games and relay races help motivate gymnasts as a group, while each gymnast is encouraged to develop strength and skills at her own unique pace. Participant must be enrolled in first grade.

1320.405	RGC	7pm to 8pm	April 13 - June 15	M
1320.406	RGC	9am to 10am	April 18 - June 27	Sa
1320.105	RGC	7pm to 8pm	July 6 - Aug. 24	M
1320 106	RGC	9am to 10am	July 11 - Aug 29	Sa

GIRLS' ADVANCED GYM (2HR)

Registration Fee: \$66.00/\$77.00 Ages: 6-17

Thinking of becoming a team member or just want more time working on all 4 events every week? Participants must have one year of experience on all gymnastics equipment, be a hard worker, like conditioning, and LOVE gymnastics. Advanced: Intermediate skills plus all cartwheels, limbers and back walkover. Must be recommended by an instructor.

I329.401 RGC 5pm to 7pm April 17 - June 19 F I329.101 RGC 5pm to 7pm July 10 - Aug. 28 F

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- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Clases



HATTOHAL GYMHASTICS DAY • SATURDAY, SEPTEMBER 19



Riverview Gymnastics Center 2 pm - 6 pm



GIRLS' ADVANCED GYMNASTICS

Registration Fee: \$40.00/\$50.00 Ages: 8-13

In our progressive gymnastics program, school-age children develop total body strength, balance, coordination and tumbling skills through activity circuits and conditioning drills. Once fundamentals are mastered, gymnasts test their skills on the balance beam, vault and uneven bars. Class contests, games and relay races help motivate gymnasts as a group, while each gymnast is encouraged to develop strength and skill at her own unique pace. Advance level gymnast must have at least two sessions of Intermediate gymnastics and meet Riverview's Advance gymnastics progression level standards.

I330.401 RGC Noon to 1pm April 18 - June 20 Sa I330.101 RGC Noon to 1pm July 11 - Aug. 29 Sa

GIRLS' BEGINNER GYMNASTICS

Registration Fee: \$40.00

Ages: 6-11

In our progressive gymnastics program, school-age children develop total body strength, balance, coordination and tumbling skills through activity circuits and conditioning drills. Once fundamentals are mastered, gymnasts test their skills on the balance beam, vault and uneven bars. Class contests, games and relay races help motivate gymnasts as a group, while each gymnast is encouraged to develop strength and skill at her own unique

pace. Must be enrolled in first grade.					
1320.417	RGC	4pm to 5pm	April 13 - June 15	M	
1320.400	RGC	5pm to 6pm	April 13 - June 15	M	
1320.401	RGC	5:30pm to 6:30pm	April 14 - June 16	Tu	
1320.402	RGC	2:30pm to 3:30pm	April 15 - June 17	W	
1320.403	RGC	4:30pm to 5:30pm	April 16 - June 18	Th	
1320.415	RGC	7:30pm to 8:30pm	April 16 - June 18	Th	
1320.416	RGC	4pm to 5pm	April 17 - June 26	F	
1320.409	RGC	7pm to 8pm	April 17 - June 19	F	
1320.404	RGC	Noon to 1pm	April 18 - June 20	Sa	
1320.408	RGC	2pm to 3pm	April 18 - June 20	Sa	
1320.100	RGC	5pm to 6pm	July 6 - Aug. 24	M	
1320.117	RGC	4pm to 5pm	July 6 - Aug. 24	M	
1320.101	RGC	5:30pm to 6:30pm	July 7 - Aug. 25	Tu	
1320.102	RGC	2:30pm to 3:30pm	July 8 - Aug. 26	W	
1320.103	RGC	4:30pm to 5:30pm	July 9 - Aug. 27	Th	
1320.115	RGC	7:30pm to 8:30pm	July 9 - Aug. 27	Th	
1320.116	RGC	4pm to 5pm	July 10 - Aug. 28	F	
1320.109	RGC	7pm to 8pm	July 10 - Aug. 28	F	
1320.104	RGC	Noon to 1pm	July 11 - Aug. 29	Sa	
1320.108	RGC	2pm to 3pm	July 11 - Aug. 29	Sa	

| Gymnastics

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
- · Registrations accepted beginning February 26, 2015.

GYMNASTICS - GIRLS'GIRLS' BEGINNER GYMNASTICS

Registration Fee: \$40.00 / \$50.00

Ages: 8-13

In our progressive gymnastics program, school-age children develop total body strength, balance, coordination and tumbling skills through activity circuits and conditioning drills. Once fundamentals are mastered, gymnasts test their skills on the balance beam, vault and uneven bars. Class contests, games and relay races help motivate gymnasts as a group, while each gymnast is encouraged to develop strength and skill at her own unique pace.

1321.400	RGC	6pm to 7pm	April 13 - June 15	M
1321.405	RGC	3:30pm to 4:30pm	April 15 - June 17	W
1321.401	RGC	6:30pm to 7:30pm	April 16 - June 18	Th
1321.402	RGC	7pm to 8pm	April 17 - June 19	F
1321.404	RGC	1pm to 2pm	April 18 - June 20	Sa
1321.100	RGC	6pm to 7pm	July 6 - Aug. 24	M
1321.105	RGC	3:30pm to 4:30pm	July 8 - Aug. 26	W
1321.101	RGC	6:30pm to 7:30pm	July 9 - Aug. 27	Th
1321.102	RGC	7pm to 8pm	July 10 - Aug. 28	F
1321.104	RGC	1pm to 2pm	July 11 - Aug. 29	Sa

GIRLS' INTERMEDIATE GYM (2HR)

Registration Fee: \$66.00 / \$77.00

Ages: 6-19

Thinking of becoming a team member or just want more time working on all 4 events every week? Participants must have one year experience on all gymnastics equipment, be a hard worker, like conditioning, and LOVE gymnastics. The following skills must be previously mastered: Intermediate: all rolls, cartwheel, handstand, backbend and front limber. Must be recommended by a gymnastics instructor.

1331.401	RGC	5pm to 7pm	April 17 - June 19	F
1331.101	RGC	5pm to 7pm	July 10 - Aug. 28	F

GIRLS' INTERMEDIATE GYMNASTICS

Registration Fee: \$40.00 / \$50.00

Ages: 6-13

Intermediate level gymnast must have at least two sessions of gymnastics and meet Riverview's Intermediate gymnastics progression level standards. Must be recommended by a gymnastics instructor.

1325.409	RGC	5pm to 6pm	April 13 - June 15	M
1325.406	RGC	6pm to 7pm	April 13 - June 15	M
1325.407	RGC	2:30pm to 3:30pm	April 15 - June 17	W
1325.403	RGC	6:30pm to 7:30pm	April 16 - June 18	Th
1325.408	RGC	Noon to 1pm	April 18 - June 20	Sa
1325.109	RGC	5pm to 6pm	July 6 - Aug. 24	M
1325.106	RGC	6pm to 7pm	July 6 - Aug. 24	M
1325.107	RGC	2:30pm to 3:30pm	July 8 - Aug. 26	W
1325.103	RGC	6:30pm to 7:30pm	July 9 - Aug. 27	Th
1325.108	RGC	Noon to 1pm	July 11 - Aug. 29	Sa

Note for Gymnastics Classes:

- Please register for gymnastics classes or events prior to deadlines.
- Leotard or shorts and a t-shirt tucked in are considered appropriate dress for classes – no tights will be permitted.
- Long hair should be pulled back in a ponytail.
- For safety reasons clothes should fit appropriately and not be too big and baggy.
- All participants should come to class with bare feet.
- Cubbies are provided to store your excess clothing.

- Parent participation is required for children under the age of three; no other parent or child will be permitted in the gym during classes.
- Children under the age of 13 are required to have adult supervision and follow the facility rules and regulations at all times
- Viewing windows are situated throughout the building.
- Questions about gymnastics classes?
 Contact Riverview Gymnastics Center at 886-2729 or visit www.nnparks.com.

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Clases

GYMNASTICS - PRESCHOOLERS DYNAMIC DUO I

Registration Fee: \$40.00 / \$50.00

Ages: 1 1/2 -2

Experience the joy of assisting your tot in this fun gymnastics class guided by our instructors. Parents learn to safely help their youngsters develop tumbling skills, balance, strength and coordination. Class is designed to bring parents and tots closer in a mutual learning experience while offering the opportunity for both to network and form new friendships. Games, music and your presence provide a secure environment to prepare your child for further gymnastics development. Registrations for Dynamic Duo classes are for one adult and one child. A second child of the same age group may register and attend with the same adult. Unregistered children may not be present or participate in classes (including children in car seats, carriers and strollers). An adult must supervise children under the age of 13 in the facility at all times.

	,			
1300.408	RGC	3pm to 3:50pm	April 13 - June 15	M
1300.401	RGC	1pm to 1:50pm	April 14 - June 16	Tu
1300.403	RGC	11am to 11:50am	April 15 - June 17	W
1300.404	RGC	9:30am to 10:20am	April 16 - June 18	Th
1300.406	RGC	10am to 10:50am	April 17 - June 19	F
1300.405	RGC	2pm to 2:50pm	April 17 - June 19	F
1300.407	RGC	11am to 11:50am	April 18 - June 20	Sa
1300.108	RGC	3pm to 3:50pm	July 6 - Aug. 24	M
1300.101	RGC	1pm to 1:50pm	July 7 - Aug. 25	Tu
1300.103	RGC	11am to 11:50am	July 8 - Aug. 26	W
1300.104	RGC	9:30am to 10:20am	July 9 - Aug. 27	Th
1300.106	RGC	10am to 10:50am	July 10 - Aug. 28	F
1300.105	RGC	2pm to 2:50pm	July 10 - Aug. 28	F
1300.107	RGC	11am to 11:50am	July 11 - Aug. 29	Sa

DYNAMIC DUO I

Registration Fee: \$40.00 / \$50.00

Ages: 2 & 3

Experience the joy of assisting your tot in this fun gymnastics class guided by our instructors. Parents learn to safely help their youngsters develop tumbling skills, balance, strength and coordination. Class is designed to bring parents and tots closer in a mutual learning experience while offering the opportunity for both to network and form new friendships. Games, music and your presence provide a secure environment to prepare your child for further gymnastics development.

Turther gynniastics development.					
1301.401	RGC	9am to 9:50am	April 13 - June 15	M	
1301.402	RGC	3pm to 3:50pm	April 13 - June 15	M	
1301.406	RGC	1pm to 1:50pm	April 14 - June 16	Tu	
1301.408	RGC	6:30pm to 7:20pm	April 14 - June 16	Tu	
1301.403	RGC	11am to 11:50am	April 15 - June 17	W	
1301.404	RGC	5:30pm to 6:20pm	April 15 - June 17	W	
1301.405	RGC	9:30am to 10:20am	April 16 - June 25	Th	
1301.407	RGC	11am to 11:50am	April 18 - June 20	Sa	
1301.101	RGC	9am to 9:50am	July 6 - Aug. 24	М	
1301.102	RGC	3pm to 3:50pm	July 6 - Aug. 24	М	
1301.106	RGC	1pm to 1:50pm	July 7 - Aug. 25	Tu	
1301.108	RGC	6:30pm to 7:20pm	July 7 - Aug. 25	Tu	
1301.103	RGC	11am to 11:50am	July 8 - Aug. 26	W	
1301.104	RGC	5:30pm to 6:20pm	July 8 - Aug. 26	W	
1301.105	RGC	9:30am to 10:20am	July 9 - Aug. 27	Th	
1301.107	RGC	11am to 11:50am	July 11 - Aug. 29	Sa	

Don't see what you are looking for? Be sure to check our website weekly as we are always adding new classes, camps, workshops, events - www.nnparks.com/active

Gymnastics

- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

GYMNASTICS - PRESCHOOLERS

DYNAMIC DUO II

Registration Fee: \$40.00 / \$50.00 Ages: 2 & 3 Continue the adventure in learning with your 25 - 36 month old with new and old activities. Requires two sessions of DDI or instructor recommendation.

9am to 9:50am April 13 - June 15 1304,401 RGC M 1304.407 RGC 2pm to 2:50pm April 13 - June 15 M 1304.402 RGC 10am to 10:50am April 17 - June 19 F 1304.405 RGC 11am to 11:50am April 18 - June 20 Sa 1304.101 RGC 9am to 9:50am July 6 - Aug. 24 M July 6 - Aug. 24 1304.107 RGC 2pm to 2:50pm Μ July 10 - Aug. 28 F 1304.102 RGC 10am to 10:50am July 11 - Aug. 29 1304.105 RGC 11am to 11:50am

GYMNINI CRICKETS - ADVANCED

Registration Fee: \$40.00 / \$50.00

This class was set up for our advanced preschoolers. Skills required before entering this class are: forward roll, backward roll, handstand and previous gymnastics instruction. Must be recommended by a gymnastics instructor.

Ages: 4-6

1308.405 RGC 11am to 11:50am April 13 - June 15 1308.401 RGC 4pm to 4:50pm April 13 - June 15 M 2pm to 2:50pm April 16 - June 18 1308.402 RGC Th 3:30pm to 4:20pm 1308.406 RGC April 16 - June 18 Th 1308.404 RGC 2pm to 2:50pm April 18 - June 20 Sa July 6 - Aug. 24 1308.105 RGC 11am to 11:50am Μ 1308.101 July 6 - Aug. 24 4pm to 4:50pm RGC M 1308.102 RGC 2pm to 2:50pm July 9 - Aug. 27 Th 1308.106 RGC 3:30pm to 4:20pm July 9 - Aug. 27 Th 1308.104 RGC 2pm to 2:50pm July 11 - Aug. 29

GYMINI CRICKETS I - NO EXPERIENCE

Registration Fee: \$40.00 / \$50.00 Ages: 4-6

Children run, skip and jump to many classical songs while learning the fundamentals of gymnastics. Listening skills, following directions and socialization are emphasized while practicing gymnastics positions and playing games. Obstacle courses on funny-shaped mats assist in the development of balance, coordination, strength and basic tumbling skills. Come join us for a hopping good time! No previous gymnastics experience necessary.

1306.415	RGC	10am to 10:50am	April 13 - June 15	M
1306.401	RGC	1pm to 1:50pm	April 13 - June 15	M
1306.402	RGC	9:30am to 10:20am	April 14 - June 16	Tu
1306.403	RGC	10:30am to 11:20am	April 14 - June 16	Tu
1306.404	RGC	3:30pm to 4:20pm	April 14 - June 16	Tu
1306.405	RGC	6:30pm to 7:20pm	April 14 - June 16	Tu
1306.413	RGC	10am to 10:50am	April 15 - June 17	W
1306.406	RGC	4:30pm to 5:20pm	April 15 - June 17	W
1306.407	RGC	5:30pm to 6:20pm	April 15 - June 17	W
1306.408	RGC	11:30am to 12:20pm	April 16 - June 18	Th
1306.414	RGC	3:30pm to 4:20pm	April 16 - June 18	Th
1306.416	RGC	5:30pm to 6:20pm	April 16 - June 18	Th
1306.410	RGC	9am to 9:50am	April 17 - June 19	F
1306.411	RGC	1pm to 1:50pm	April 17 - June 19	F
1306.412	RGC	10am to 10:50am	April 18 - June 20	Sa
1306.409	RGC	3pm to 3:50pm	April 18 - June 20	Sa
1306.115	RGC	10am to 10:50am	July 6 - Sept. 7	M
1306.101	RGC	1pm to 1:50pm	July 6 - Aug. 24	M
1306.102	RGC	9:30am to 10:20am	July 7 - Aug. 25	Tu
1306.103	RGC	10:30am to 11:20am	July 7 - Aug. 25	Tu
1306.104	RGC	3:30pm to 4:20pm	July 7 - Aug. 25	Tu
1306.105	RGC	6:30pm to 7:20pm	July 7 - Aug. 25	Tu
1306.113	RGC	10am to 10:50am	July 8 - Sept. 9	W
1306.106	RGC	4:30pm to 5:20pm	July 8 - Aug. 26	W
1306.107	RGC	5:30pm to 6:20pm	July 8 - Aug. 26	W
1306.108	RGC	11:30am to 12:20pm	July 9 - Sept. 10	Th
1306.114	RGC	3:30pm to 4:20pm	July 9 - Sept. 10	Th
1306.116	RGC	5:30pm to 6:20pm	July 9 - Sept. 10	Th
1306.110	RGC	9am to 9:50am	July 10 - Sept. 11	F
1306.111	RGC	1pm to 1:50pm	July 10 - Sept. 11	F
1306.112	RGC	10am to 10:50am	July 11 - Sept. 12	Sa
1306.109	RGC	3pm to 3:50pm	July 11 - Sept. 12	Sa

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Clases

GYMNASTICS - PRESCHOOLERS GYMINI CRICKETS II - EXPERIENCED

Registration Fee: \$40.00 / \$50.00

Ages: 4-6

Must have completed at least 2 Gymini Cricket I classes successfully and have an instructor's recommendation.

recommen	uation.			
1307.413	RGC	11am to 11:50am	April 13 - June 15	M
1307.401	RGC	1pm to 1:50pm	April 13 - June 15	M
1307.412	RGC	4pm to 4:50pm	April 13 - June 15	M
1307.402	RGC	9:30am to 10:20am	April 14 - June 16	Tu
1307.403	RGC	3:30pm to 4:20pm	April 14 - June 16	Tu
1307.414	RGC	10am to 10:50am	April 15 - June 17	W
1307.405	RGC	1:30pm to 2:20pm	April 15 - June 17	W
1307.406	RGC	4:30pm to 5:20pm	April 15 - June 17	W
1307.404	RGC	6:30pm to 7:20pm	April 15 - June 17	W
1307.407	RGC	11:30am to 12:20pm	April 16 - June 18	Th
1307.408	RGC	2pm to 2:50pm	April 16 - June 18	Th
1307.409	RGC	4:30pm to 5:20pm	April 16 - June 18	Th
1307.415	RGC	9am to 9:50am	April 17 - June 19	F
1307.410	RGC	10am to 10:50am	April 18 - June 20	Sa
1307.411	RGC	9am to 9:50am	April 18 - June 20	Sa
1307.113	RGC	11am to 11:50am	July 6 - Sept. 7	M
1307.101	RGC	1pm to 1:50pm	July 6 - Sept. 7	M
1307.112	RGC	4pm to 4:50pm	July 6 - Sept. 7	M
1307.102	RGC	9:30am to 10:20am	July 7 - Sept. 8	Tu
1307.103	RGC	3:30pm to 4:20pm	July 7 - Sept. 8	Tu
1307.114	RGC	10am to 10:50am	July 8 - Sept. 9	W
1307.105	RGC	1:30pm to 2:20pm	July 8 - Sept. 9	W
1307.106	RGC	4:30pm to 5:20pm	July 8 - Sept. 9	W
1307.104	RGC	6:30pm to 7:20pm	July 8 - Sept. 9	W
1307.107	RGC	11:30am to 12:20pm	July 9 - Sept. 10	Th
1307.108	RGC	2pm to 2:50pm	July 9 - Sept. 10	Th
1307.109	RGC	4:30pm to 5:20pm	July 9 - Sept. 10	Th
1307.115	RGC	9am to 9:50am	July 10 - Sept. 11	F
1307.110	RGC	10am to 10:50am	July 11 - Sept. 12	Sa
1307.111	RGC	9am to 9:50am	July 11 - Sept. 12	Sa

YOUNG GYMINI CRICKETS

Registration Fee: \$40.00 / \$50.00 Ages: 3 & 4

This class is especially for the active 3 and 4 year old! If your 3 or 4 year old has become independent and ready for a class without mom or dad, then sign them up! Our instructors

are ready for a fun filled session of running, crawling, jumping, swinging, rolling, hanging, throwing and balancing using equipment scaled to their size. Our goal is to help develop

coordination, social skills, instill self-confidence and have fun.

1305.401	RGC	10am to 10:50am	April 13 - June 15	M
1305.415	RGC	2pm to 2:50pm	April 13 - June 15	M
1305.403	RGC	11:30am to 12:20pm	April 14 - June 16	Tu
1305.402	RGC	2:30pm to 3:20pm	April 14 - June 16	Tu
1305.404	RGC	4:30pm to 5:20pm	April 14 - June 16	Tu
1305.418	RGC	5:30pm to 6:20pm	April 14 - June 16	Tu
1305.414	RGC	9am to 9:50am	April 15 - June 17	W
1305.406	RGC	10:30am to 11:20am	April 16 - June 18	Th
1305.407	RGC	1pm to 1:50pm	April 16 - June 18	Th
1305.409	RGC	5:30pm to 6:20pm	April 16 - June 18	Th
1305.411	RGC	11am to 11:50am	April 17 - June 19	F
1305.408	RGC	3pm to 3:50pm	April 17 - June 19	F
1305.413	RGC	9am to 9:50am	April 18 - June 20	Sa
1305.419	RGC	3pm to 3:50pm	April 18 - June 20	Sa
1305.101	RGC	10am to 10:50am	July 6 - Sept. 7	M

Gymnastics Health & Fitness

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

GYMNASTICS - PRESCHOOLERS

YOUNG GYMINI CRICKETS... continued

1305.115	RGC	2pm to 2:50pm	July 6 - Sept. 7	M
1305.102	RGC	2:30pm to 3:20pm	July 7 - Sept. 8	Tu
1305.103	RGC	11:30am to 12:20pm	July 7 - Sept. 8	Tu
1305.104	RGC	4:30pm to 5:20pm	July 7 - Sept. 8	Tu
1305.118	RGC	5:30pm to 6:20pm	July 7 - Sept. 8	Tu
1305.114	RGC	9am to 9:50am	July 8 - Sept. 9	W
1305.106	RGC	10:30am to 11:20am	July 9 - Sept. 10	Th
1305.107	RGC	1pm to 1:50pm	July 9 - Sept. 10	Th
1305.109	RGC	5:30pm to 6:20pm	July 9 - Sept. 10	Th
1305.111	RGC	11am to 11:50am	July 10 - Sept. 11	F
1305.108	RGC	3pm to 3:50pm	July 10 - Sept. 11	F
1305.113	RGC	9am to 9:50am	July 11 - Sept. 12	Sa
1305.119	RGC	3pm to 3:50pm	July 11 - Sept. 12	Sa

GYMNASTICS CAMP

GYMNASTICS KINDER CAMP

Registration Fee: \$75.00 Ages: 4-6 1/2

Gymnastics Kinder Camp is a fun filled week of gymnastics obstacles on all events, dance, relays and outside activities. All campers will receive a daily snack, prize, and a special award upon completion of camp.

 I345.402
 RGC
 9am to Noon
 April 6 - April 10
 M Tu W Th F

 I345.102
 RGC
 9am to Noon
 June 29 - July 3
 M Tu W Th F

GYMNASTICS SCHOOL AGE BOYS' CAMP

Registration Fee: \$125.00 Ages: 6 ½-14

Gymnastics School Age Camp is a week of gymnastics training on all events plus dance, fun relays and outside activities. All campers will receive a daily snack, prize, and a special award upon completion of camp. School Age campers must bring a daily lunch with a drink. Must be enrolled in first grade.

 I347.401
 RGC
 9am to 5pm
 April 6 - April 10
 M Tu W Th F

 I347.101
 RGC
 9am to 5pm
 June 29 - July 3
 M Tu W Th F

 Registration Fee:
 \$75.00

I346.401 RGC 9am to Noon April 6 - April 10 M Tu W Th F

GYMNASTICS SCHOOL AGE GIRLS' CAMP

Registration Fee: \$125.00 Ages: 6 ½-14

Gymnastics School Age Camp is a week of gymnastics training on all events plus some dance, fun relays and outside activities. All campers will receive a daily snack, prize, and a special award upon completion of camp. Must be enrolled in first grade. School Age campers are required to bring a daily lunch with a drink.

I347.401 RGC 9am to 5pm April 6 - April 10 M Tu W Th F I346.101 RGC 9am to 5pm June 29 - July 3 M Tu W Th F Registration Fee: \$75.00

I346.402 RGC 9am to Noon April 6 - April 10 M Tu W Th F

HEALTH & FITNESS

BACK N SHAPE

Registration Fee: \$35.00 Ages: 16-74

This class is an effective slower-paced workout . . . burn calories and shed inches while using a combination of low-impact cardiovascular training, toning movements and flexibility exercises. A yoga mat and hand weights are required.

I113.402 BMCC 6:30pm to 7:30pm April 13 - June 15 M Perry, D I113.403 BMCC 6:30pm to 7:30pm April 16 - June 18 Th Perry, D

Classes begin the week of April 13 (Spring) and July 6 (Summer)

Accepting MasterCard, Visa, or American Express for instructional Clases

HEALTH & FITNESS

BARRE BODY BY THE FOUNTAIN

Registration Fee: \$130.00 Ages: 15 and up

Enjoy streamlining, firming, tightening and toning your entire body outside by the City Center fountain! Experience the difference small, controlled isometric movements can make in just a matter of 8 1-hour sessions. Obtain that dancer's body you always admired.

 I193.102
 PILETC.
 9am to 10am
 July 11 - Aug. 29
 Sa
 Hudgins, S

 I193.101
 CC
 9am to 10am
 July 12 - Aug. 30
 Su
 Hudgins, S

BARRE PILATES

Registration Fee: \$130.00 Ages: 15 and up

This class will focus on strengthening and shaping muscles, increasing flexibility and range of motion and of course, burning lots of calories. No prior dance experience required. Please bring an exercise mat and wear socks.

I191.101 PILETC 9:45am to 10:45am July 7 - Aug. 25 Tu Hudgins, S

BEGINNING YOGA

Registration Fee: \$60.00 Ages: 16 and up

YOGA - In this Hatha Yoga Class, the focus, through stretching and balancing postures will benefit: THE BODY - your body will become more flexible and you will build muscles while strengthening and toning. With practice, the spine will strengthen, correcting posture. Yoga practice eases back pain while creting balance and grace. MIND - Yoga increase physical awareness and relaxed body and mind which helps relieve chronic stress patterns. Yoga teaches to center your attention, sharpening your concentration. THE SPIRIT - Yoga frees the spirit enabling you to lead a useful life with stable emotions and a calm mind. REQUIREMENTS - Open mind, desire for a healthy lifestyle, commitment, Yoga mat and strap.

1108.401	DCC	5:30pm to 7:30pm	April 13 - June 1	M	Bonzek, M
1108.402	CWCC	6pm to 8pm	April 15 - June 3	W	Bonzek, M
1108.408	DCC	10am - 11am	April 16 – June 4	Th	Butcher, R
1108.101	DCC	5:30pm to 7:30pm	July 6 - Aug. 24	M	Bonzek, M
1108.102	CWCC	6pm to 8pm	July 8 - Aug. 26	W	Bonzek, M

BOOTY BARRE

Registration Fee: \$130.00 Ages: 15 and up

This class is a fun, unique and high energy class fusing Pilates, dance, calisthenics and yoga. Develop balance and body awareness, increase flexibility and cardio endurance, improve your posture and create definition. Please bring a fitness mat and wear socks.

 I187.401
 PILETC.
 6:30pm to 7:30pm
 April 15 - June 3
 W
 Hudgins, S

 I187.402
 CC
 11am to Noon
 April 19 - June 7
 Su
 Hudgins, S

BUNS & TUMS

Registration Fee: \$30.00 Ages: 13 and up

Designed to trim and tone the tummy, thighs, hips and buttocks. Use of weights, dynabands, discs & fitness balls are all included in this great class for sculpting your body and relieving stress. Tennis shoes and appropriate attire are required.

I111.401 RGC 6:30pm to 7:30pm April 14 - June 2 Tu Fertitta, T I111.101 RGC 6:30pm to 7:30pm July 7 - Aug. 25 Tu Fertitta, T

ESSENTIAL MAT PILATES W/PROPS

Registration Fee: \$130.00 Ages: 15 and up

This class is a three-dimensional fitness method known for strengthening and lengthening bodies. Enhance your core strength (muscles of the abdomen, lower back, hips and buttocks) and learn ways to properly support your joints. Please bring a fitness mat and wear socks.

I192.401 PILETC 11:30am to 12:30pm April 17 - June 5 F Hudgins, S I192.101 PILETC 11:30am to 12:30pm July 10 - Aug. 28 F Hudgins, S

Health & fitness Languages • Gymnastics

- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

HEALTH & FITNESS GET OUT & FLOW YOGA

Registration Fee: \$60.00 Ages: 16 and up

In this Vinyasa style class, we will mindfully link our bodies and our breath. This class will incorporate fundamental yoga poses while moving at a steady pace. Classes will build heat, endurance, flexibility & strength in a supportive environment. Appropriate for beginners as well as those with an ongoing practice. Please bring an open mind and a yoga mat.

I108.405 DMCC 6:30pm to 7:30pm April 13 - June 1 M Davis, K I108.406 DMCC 6:30pm to 7:30pm April 14 - June 2 Tu Davis, K

GROUP INDOOR CYCLING

Registration Fee: \$40.00 Ages: 16 and up

Cycling is an awesome aerobic activity that burns tons of calories and improves your cardiovascular endurance. Pedal away while listening to motivating music and receiving guidance from your classroom instructor. The routines are designed to simulate terrain and situations encountered in actual bicycle rides, including hill climbs, sprints and interval training. Come and try this challenging class!

 I114.401
 BMCC
 6pm to 6:45pm
 April 15 - June 3
 W
 Perry, D

 I114.101
 BMCC
 6pm to 6:45pm
 July 8 - August 26
 W
 Perry, D

HI/LOW COMBO FITNESS

Registration Fee: \$30.00 Ages: 14-74

This is a medium to high intensity aerobic workout with low impact on the joints, geared toward burning fat and carving off inches. The second portion on this class will focus on sculpting the core (tummy, thighs, hips, buttocks). Come try this great workout for all fitness levels.

I128.401 RGC 6:30pm to 7:30pm April 13 - June 15 M Vaughn, C I128.101 DCC 6:30pm to 7:30pm July 6 - Sept. 14 M Vaughn, C

TABATA STRONG

Registration Fee: \$30.00 Ages: 15 and up

Get strong with this quick, fast paced workout consisting of 20 seconds high intensity exercise followed by 10 seconds rest repeated 8 times. Get a complete workout in just 30 minutes!

I115.401 DCC 6:30am to 7am April 14 - June 16 Tu Vaughn, C I115.101 DCC 6:30am to 7am July 7 - Sept. 8 Tu Vaughn, C

YOGA (KUNDALINI)

Registration Fee: \$60.00 Ages: 16 and up

Kundalini Yoga as taught by Yogi Bhajan will balance the mind, body, and spirit. Kundalini Yoga strengthens the immune system, stimulates circulation, and cleanses the tissues by awakening and activating one's kundalini energy which resides at the base of the spine. Each class will feature a different Kriya (set of exercises). The physical body will be toned through postures and movements (asanas). Students will learn breath exercises (Pranayam) and Mantras and reduce stress with relaxation and meditation. Please bring a yoga mat. I188.401 BMCC 5:30pm to 6:30pm April 14 - June 2 Tu Kane, C

YOGA FOR OVER 40

Registration Fee: \$60.00 Ages: 16 and up

In this gentle Hatha Yoga Class we will focus on stretching and balance, two areas of skill that we should maintain as we age. We will also continue our practice offered in the Beginning Yoga Class. The BODY - your body will become more flexible and you will build muscles while strengthening and toning. With practice, the spine will strengthen, correcting posture. Yoga practice eases back pain while creting balance and grace. The MIND - Yoga increase physical awareness and relaxed body and mind which helps relieve chronic stress patterns. Yoga teaches to center your attention, sharpening your concentration. The SPIRIT - Yoga frees the spirit enabling you to lead a useful life with stable emotions and a calm mind. REQUIREMENTS - Open mind, desire for a healthy lifestyle, commitment, Yoga mat and strap.

 I108.403
 DCC
 6pm to 8pm
 April 14 - June 2
 Tu
 Bonzek, M

 I108.103
 DCC
 6pm to 8pm
 July 7 - Aug. 25
 Tu
 Bonzek, M

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard. Visa. or American Express for instructional Clases

HEALTH & FITNESS

ZUMBA

Registration Fee: \$20.00 / \$40.00 Ages: 10 and up

Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-party workout. Coined "fitness parties," Zumba classes blend upbeat world rhythms with easy-to-follow choreography, which provide effective, total-body workouts to get your heart racing. Experience international styles of African, Salsa, Merengue, Reggaeton, Cumbia and even Belly Dancing!!!

1127.413	BMCC	6pm to 7pm	April 2 - April 23	Th	Rivera, J
1127.401	BMCC	6pm to 7pm	April 6 - April 27	M	Moore, J
1127.403	RGC	9:30am to 10:30am	April 7 - April 28	Tu	Rivera, J
1127.402	DMCC	7pm to 8pm	April 7 - April 28	Tu	Moore, J
1127.404	RGC	10am to 11am	April 9 - April 30	Th	Rivera, J
1127.414	DCC	6pm to 7pm	April 9 - April 30	Th	Rivera, J
1127.480	DCC	7:30pm to 8:30pm	April 15 - June 3	W	Moore, J
1127.409	BMCC	6pm to 7pm	May 4 - May 25	M	Moore, J
1127.405	RGC	9:30am to 10:30am	May 5 - May 26	Tu	Rivera, J
1127.410	DMCC	7pm to 8pm	May 5 - May 26	Tu	Moore, J
1127.406	RGC	10am to 11am	May 7 - May 28	Th	Rivera, J
1127.415	DCC	6pm to 7pm	May 7 - May 28	Th	Rivera, J
1127.411	BMCC	6pm to 7pm	June 1 - June 22	M	Moore, J
1127.407	RGC	9:30am to 10:30am	June 2 - June 23	Tu	Rivera, J
1127.412	DMCC	7pm to 8pm	June 2 - June 23	Tu	Moore, J
1127.408	RGC	10am to 11am	June 4 - June 25	Th	Rivera, J
1127.416	DCC	6pm to 7pm	June 4 - June 25	Th	Rivera, J
1127.101	BMCC	6pm to 7pm	July 6 - July 27	M	Moore, J
1127.102	DMCC	7pm to 8pm	July 7 - July 28	Tu	Moore, J
1127.180	DCC	7:30pm to 8:30pm	July 8 - Aug. 26	W	Moore, J
1127.103	BMCC	6pm to 7pm	Aug. 3 - Aug. 24	M	Moore, J
1127.104	DMCC	7pm to 8pm	Aug. 4 - Aug. 25	Tu	Moore, J

LANGUAGES

AMERICAN SIGN LANGUAGE - BEGINNER

Registration Fee: \$45.00 Ages: 6 and up

This class is an introduction to American Sign Language and is for anyone who would like to learn sign language basics in order to communicate with people who are hearing impaired.

I681.401 DCC 6pm to 7:30pm April 13 - June 1 M Harucki, B

AMERICAN SIGN LANGUAGE - INTERMEDIATE

Registration Fee: \$45.00 Ages: 6 and up

If you have completed American Sign Language - Beginner and want to increase your knowledge of sign language vocabulary and communication, than this is the class for you. I682.401 DCC 6pm to 7:30pm April 16 - June 4 Th Harucki, B

MARTIAL ARTS

AIKIDO

Registration Fee:\$45.00

Ages: 16 and up

Aikido offers practical self-defense, but more importantly, it teaches self-improvement. Aikido improves not only your physical conditioning - stamina, balance, flexibility, coordination, strength, and resilience - but your mental conditioning as well - self-confidence, concentration, alertness and concern for others. The instruction is in the traditional style of Hombu Aikikai. Throwing and falling are stressed equally; you acquire the technique while being thrown and practice the techniques by throwing.

I232.401 CWCC 6:30pm to 8pm April 13 - June 16 M Tu Killblane, R I232.101 CWCC 6:30pm to 8pm July 6 - Sept. 8 M Tu Killblane, R

Health & Fitness

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
- · Registrations accepted beginning February 26, 2015.

MARTIAL ARTS

BUDO

Registration Fee: \$45.00 Ages: 13 and up

A great way to learn self-defense the traditional way, this class is specifically geared towards the teen and adult age groups. We will practice Japanese karate and jiu-jitsu, and the instructor is certified by the Chikubu-Kai organization (www.chikubukai.org). The participants will learn punching, kicking, body positioning, choking, throwing, and joint manipulation; as well as fighting on the ground (grappling). Grappling (ground fighting) is a form of wrestling and involves being in very close proximity - beside, on top of, and underneath other persons. *Minimum age is 13 with parent permission.* A \$25 yearly fee, payable to the instructor, will be required if participants decide to continue with the class. Fee includes registration in the parent organization (Chikubu-kai) that sanctions the class.

I237.401 CWCC 6:30pm to 8:30pm April 15 -June 3 W Wirt, C I237.101 CWCC 6:30pm to 8:30pm July 8 - Aug. 26 W Wirt, C

JAPANESE SWORD ARTS

Registration Fee: \$45.00 Ages: 15 and up

Students will learn basic sword etiquette (the proper way to handle a sword) and progress to learning the Seitei laido of the All Japan Kendo Federation. Students will also be trained in the art of Ken-jutsu (the art of sword fencing) and Kendo (the art of sport fencing). The Class instructor has more than 30 years of experience. The minimum equipment for this class is a bokken (wooden sword); the instructor can assist in purchasing this if needed. Progressive ranking is offered through Chikubu-Kai. If you decide to continue, a \$30 annual fee is required, payable to the instructor, for membership in Chikubu-Kai

 I238.401
 DCC
 7pm to 9pm
 April 15 - June 17
 W
 McCoy, H

 I238.101
 DCC
 7pm to 9pm
 July 8 - Sept 9
 W
 McCoy, H

KINDAI RYU JIU-JITSU

Registration Fee: \$45.00 Ages: 13 and up

Jiu-jitsu is a very old form of unarmed combat used by the Samurai of old Japan. It consists of a variety of pressure points, chokes, joint lock and throws to utilize the opponents own body against him. The skilled jiu-jitsu practitioner is as effective on the ground as he is on his feet. The ground fighting of Jiu Jitsu is sometimes referred to as "grappling" and has become more popular recently as a result of various Mixed Martial Arts. Class instructor has more than 30 years of experience. Progressive ranking is offered through Chikubu-Kai. If you decide to continue, a \$30 annual fee is required, payable to the instructor, for membership in Chikubu-Kai.

 I240.401
 DCC
 7pm to 9pm
 April 16 - June 18
 Th
 McCoy, H

 I240.101
 DCC
 7pm to 9pm
 July 9 - Sept 10
 Th
 McCoy, H

KUNG FU - ADULTS

Registration Fee: \$80.00 Ages: 16 and up

Jow Ga Kung Fu is a traditional Chinese martial art. Do not miss this opportunity to learn practical self-defense from world champion instructors and Hoy K. Lee, a world-renowned grandmaster with over 45 years of teaching experience. Jow Ga Kung Fu classes embody structured curriculums that encourage physical fitness and character development. Great for men, women and children of various ages, Jow Ga Kung Fu brings forth limitless opportunities to engage in traditional hand forms, exotic animal techniques, extensive weaponry, fighting sets, sparring and cultural activities. Our training philosophy tailors personal growth through group and individualized instruction. For more information, please visit www.jowgakungfu.com. Uniform fee of \$50 due to instructor.

1999.404	DCC	7pm to 8pm	April 1 - April 29	M W
1999.405	DCC	7pm to 8pm	May 4 - May 27	M W
1999.406	DCC	7pm to 8pm	June 1 - June 29	M W
1999.104	DCC	7pm to 8pm	July 1 - July 29	M W
1999.105	DCC	7pm to 8pm	Aug. 3 - Aug. 31	M W
1999.106	DCC	7pm to 8pm	Sept. 2 - Sept. 30	M W

Class information subject to change

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Clases

MARTIAL ARTS KUNG FU - CHILDREN

Registration Fee: \$60.00 Ages: 6-15

Jow Ga Kung Fu is a traditional Chinese martial art. Do not miss this opportunity to learn practical self-defense from world champion instructors and Hoy K. Lee, a world-renowned grandmaster with over 45 years of teaching experience. Jow Ga Kung Fu classes embody structured curriculums that encourage physical fitness and character development. Great for men, women and children of various ages, Jow Ga Kung Fu brings forth limitless opportunities to engage in traditional hand forms, exotic animal techniques, extensive weaponry, fighting sets, sparring and cultural activities. Our training philosophy tailors personal growth through group and individualized instruction. For more information, please visit www.jowgakungfu.com. Uniform fee of \$50 due to instructor.

1998.401	DCC	6pm to 7pm	April 1 - April 29	M W
1998.402	DCC	6pm to 7pm	May 4 - May 27	MW
1998.403	DCC	6pm to 7pm	June 1 - June 29	MW
1998.101	DCC	6pm to 7pm	July 1 - July 29	MW
1998.102	DCC	6pm to 7pm	Aug. 3 - Aug. 31	MW
1998.103	DCC	6pm to 7pm	Sept. 2 - Sept. 30	MW

SHORIN-KEN KARATE

Registration Fee: \$45.00 Ages: 8 and up

Our internationally certified instructors provide the opportunity for participants to enhance their physical conditioning skills, discipline and self-confidence through the study of classical forms, practical use, sparring and philosophy. Legitimate ranking is offered through Dai Nippon Butoku Kai (Greater Japan Martial Arts Association), one of the oldest and largest martial arts organizations in Japan. All students do warm up exercises together and are divided into skill levels for training. This program has been offered through the Newport News Parks and Recreation continuously for over 36 years and the head instructor has over 33 years experience. Annual membership payable to DNBK is required for students continuing past the first session. Youth - \$20 and Adult - \$30.

I201.401 RGC 6:30pm to 7:45pm April 14 - June 4 Tu Th Wooldridge, K I201.101 RGC 6:30pm to 7:45pm July 7 - Sept. 10 Tu Th Wooldridge, K

SHITO-RYU KARATE

Registration Fee:\$45.00 Ages: 10 and up

Shito-Ryu Karate is a modern self-defense based on traditional martial arts that have been updated. Karate is an ancient fighting art that has evolved over thousands of years. It is an unarmed method of combat in which all parts of the anatomy are used to punch, strike, kick and block. Karate can be a sport or an art of self-defense. During this course, the students will start learning basic techniques and forms. The class instructor has more than 30 years of experience. Progressive ranking is offered through Cherub-Kai. If you decide to continue, a \$30 annual fee is required, payable to the instructor for membership in Chikubu-Kai.

I239.401 DCC 7pm to 9pm April 13 - June 15 M McCoy, H I239.101 DCC 7pm to 9pm July 6 - Sept 7 M

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WWW.facebook.com/nninstructional

Martial Arts

- Registration information is on page 22-23 or call 926-1400
- · Registrations accepted beginning February 26, 2015.

MARTIAL ARTS TAE KWON DO

Registration Fee: \$36.00 Ages: 6 and up

Tae Kwon Do is the Korean art of self-defense. Literally translated, TAE means "to kick" or "to strike with the foot", KWON means "fist" or "to strike with the hand" and DO means "discipline" or "art". Tae Kwon Do is much more than the physical aspects of martial arts. It is designed as a nonviolent form of self-defense and a system of complete body exercises, as well as a guide to practicing a disciplined way of life. It includes physical techniques. mental discipline and a deep philosophy. Tae Kwon Do is not just a physical action. Control separates training in the dojang (school) from fighting in the street. The student learns how to strike and kick with devastating speed and force for self-defense, yet through training, they learn how to control their movement with the exact precision to snap a kick within inches of their sparring partner. Regardless of age, students can learn a discipline of the mind and body that remains with them throughout their lives. Progressive 4th degree master level instruction is offered to the beginner, intermediate and advanced participant with training in pattern forms, sparring, weapons and self-defense tactics. Intermediate rank recognition is offered. As an advanced participant you'll have the opportunity to train and test under Grand Master Dong in Richmond Va. Grand Master Dong currently holds a 9th Degree in the following; Tae Kwon Do (Kukkiwon), Kum Do (Sword) & Ta Kyuk Do and is currently rated as the "King of the World Speed Champion."

1230.401	BMCC	6pm to 7pm	April 13 - June 15	M	Morrisette, W
1230.402	BMCC	7pm to 8pm	April 13 - June 15	M	Morrisette, W
1230.403	BMCC	6pm to 7pm	April 15 - June 17	W	Morrisette, W
1230.101	BMCC	6pm to 7pm	July 6 - Sept. 7	M	Morrisette, W
1230.102	BMCC	7pm to 8pm	July 6 - Sept. 7	M	Morrisette, W
1230.103	BMCC	6pm to 7pm	July 8 - Sept. 9	W	Morrisette, W

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Clases

MARTIAL ARTS TAE KWON DO - ADVANCED

Registration Fee: \$36.00 Ages: 6 and up Progressive master level instruction is offered to the advanced participant with training

in pattern forms, sparring, weapons, Jiu Jitsu and self-defense tactics. This class is for advanced black belts.

1231.401 BMCC 7pm to 8pm April 15 - June 17 Morrisette, W 1231.101 BMCC 7pm to 8pm July 8 - Sept. 9 Morrisette, W

YOUTH FITNESS KARATE

Registration Fee: \$79.00 Ages: 3-5

Youth Fitness Karate teaches children basic traditional karate techniques (blocks, punches, kicks, stances) as well as self-defense, plyometrics, basic Japanese terms and beginning kata (karate forms). Students will learn "life-skills" such as confidence, discipline, and focus. Students will also gain increased coordination, strength and flexibility which will assist in other sports. The program is designed to promote physical fitness in a positive and fun way. **This is a Non-Contact program**

1228.402 DCC 9:30am to 10:15am April 18 - June 6 1228.401 RGC 10:45am to 11:30am April 18 - June 6 Sa 1228.102 DCC 9:30am to 10:15am July 11 - Aug. 29 Sa 1228.101 RGC 10:45am to 11:30am July 11 - Aug. 29

Be sure to check our website weekly as we are always adding new classes, camps, workshops, events - www.nnparks.com/active

East Coast Hapkido LLC Presents Self Defense classes for children ages 5-15

All Students will be taught

Courtesy Perseverance Self Control Integrity Character Endeavor **Indomitable Spirit**

While having fun learning the Martial Arts

This is a fun course for children to learn self defense as well as safety concerns against "Bullying" tactics. Students will learn how to defend themselves using the techniques taught. NO physical contact is allowed for the first 4 months of class. Students can continue in this course all the way to Black Belt! Testing is based on knowledge for each belt rank requirements. Classes are 55 minutes long with 5 minute breaks in between each class. Uniforms are not necessary but may be purchased if desired.



- Classes are taught by a Certified Black Belt
- The cost is \$6.00 per class (pay as you go).
 - Registration is only \$6.00

Classes are expected to fill up quickly so don't delay

Registration on site and Classes are at: Denbigh Community Center, 15198 Warwick Blvd, Newport News, VA 23608

Classes are every Tuesday and Thursday

Tuesday Classes are: 6pm to 7pm (Green Belt and Above & Adults) / 7pm to 8pm (Hapkido All Belt Ranks)

Thursday Classes are: 6pm to 7pm (Hapkido All Belt Ranks) / 7pm to 8pm (Green Belt and Above & Adults)

For more information you can email Master T tmhapk@aol.com

Personal Development Sports

- **Instructional Classes**
- Registration information is on page 22-23 or call 926-1400
- · Registrations accepted beginning February 26, 2015.

PERSONAL DEVELOPMENT BEGINNER DIGITAL PHOTOGRAPHY

Registration Fee: \$59.00 Ages: 13 and up

This course is for beginner and amateur photographers focusing on how to use your Digital SLR (Single Lens Reflex) Camera. While this course will primarily focus on Digital SLR cameras some class objectives will pertain to point and shoot cameras as well. This course will be designed for someone who has never picked up a camera but will also help amateurs wanting to refresh their skills. We will teach you about all the different modes and dials on your camera, exposure, composition, lens selection, lighting, using flash and more! This will be a fun course with lots of time for hands on practice during each class. There will be weekly photo assignments to help re-enforce lessons as well as feedback and critique sessions. After this class you will go from taking snapshots to creating beautiful photographs!

I653.401 6:30pm to 8:30pm April 13 - May 18 M Warren, M

TAM AVIATION - INTRO TO AVIATION - GROUND SCHOOL

Registration Fee: \$150.00 Ages: 8-17

TAM Aviation East Coast's after school program mission is to encourage youth involvement in Science, Technology, Engineering and Math; and how it ties into the field of aviation. This program will go over aircraft systems and performance, basic aerodynamics, communication procedures, flight instruments and instruction and will include field trips to the airport, museums and air shows. A \$35 fee will be due to the instructor on the first day of class for books and equipment.

 I640.401
 DCC
 6pm to 7:30pm
 April 13 - June 6
 M W Sa Hooper, 0

 I640.101
 DCC
 6pm to 7:30pm
 July 6 - Sept. 5
 M W Sa Hooper, 0

UNMANNED AERIAL SYSTEMS

Registration Fee: \$59.00 Ages: 13 and up

This course is designed to teach you the types and roles of Unmanned Aerial Systems Sensors, communication and Data links, UAS Navigation and Airspace Issues, Airspace integration, Sense and avoid systems, Autonomous control, swarming and future UAS roles.

I655.101 DCC 6pm to 7pm July 8 - Aug. 26 W White, C.

SPORTS – CHILDREN

BOXING ORIENTATION

Registration Fee: \$25.00

Our Boxing classes, taught by The Peninsula Boxing Academy, teach discipline, dedication and cooperation in a positive, structured environment. This introductory course will provide you with all the information and motivation you will need to succeed in our Boxing program. This class must be completed before enrolling in the 8 week boxing session. A \$25 book and equipment fee is due to the instructor on the first day of orientation.

Ages: 8-13			
1299.401 CWCC	6pm to 7pm	March 10 - March 14	Tu Th Sa Hooper, O
1299.402 CWCC	6pm to 7pm	March 17 - March 21	Tu Th Sa Hooper, O
1299.403 CWCC	6pm to 7pm	March 24 - March 28	Tu Th Sa Hooper, O
1299.101 CWCC	6pm to 7pm	June 16 - June 20	Tu Th Sa Hooper, O
1299.102 CWCC	6pm to 7pm	June 23 - June 27	Tu Th Sa Hooper, O
1299.103 CWCC	6pm to 7pm	June 30 - July 2	Tu Th Sa Hooper, O
Ages: 14 and up			
1299.404 CWCC	7pm to 8pm	March 10 - March 14	Tu Th Sa Hooper, O
1299.405 CWCC	7pm to 8pm	March 17 - March 21	Tu Th Sa Hooper, O
1299.406 CWCC	7pm to 8pm	March 24 - March 28	Tu Th Sa Hooper, O
1299.104 CWCC	7pm to 8pm	June 16 - June 20	Tu Th Sa Hooper, O
1299.105 CWCC	7pm to 8pm	June 23 - June 27	Tu Th Sa Hooper, O
1299.106 CWCC	7pm to 8pm	June 30 - July 2	Tu Th Sa Hooper, O

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Clases

SPORTS – CHILDREN BEGINNER BOXING

Registration Fee: \$150.00

Boxing teaches discipline, dedication, cooperation and gives you confidence and inner strength. We provide a positive, structured environment to learn the skill of boxing. Each student will receive the tools necessary for them to excel to their fullest potential in boxing, academics, and as a role model for their peers. Get exercise, have fun and learn a useful skill all at the same time. A \$65 equipment fee is payable to the instructor on the first day of glass for bag gloves and tee shirt.

Ages: 8-13

1200.401 CWCC	6pm to 7pm	April 14 - June 6	Tu Th Sa Hooper, O
1200.101 CWCC	6pm to 7pm	July 7 - Sept. 5	Tu Th Sa Hooper, O
Ages: 14 and up			
1200.402 CWCC	7pm to 8pm	April 14 - June 6	Tu Th Sa Hooper, O
1200.102 CWCC	7pm to 8pm	July 7 - Sept. 5	Tu Th Sa Hooper, O

INTERMEDIATE BOXING

Registration Fee: \$150.00 Ages: 9 and up

This program will build upon all that was taught in the beginner boxing program, teaching advanced defense and combinations. Any student that wants to compete and is qualified will receive advanced training for competition. A \$65 equipment fee is payable to the instructor on the first day of class.

 I202.401
 DCC
 7:45pm to 8:45pm
 April 13 - June 6
 M W Sa Hooper, 0

 I202.101
 DCC
 7:45pm to 8:45pm
 July 6 - Sept. 5
 M W Sa Hooper, 0

Sports - Children's

"LITTLE SPORTS" CLASS

Registration Fee: \$79.00 Ages: 3-5

Instill virtues of good sportsmanship while learning the basic skills of several sports and sports activities such as: Football, Soccer, Tee/Base Ball, Obstacle Course, Track & Field and Basketball. Have lots & lots of good clean fun!! Each class will contain a warm-up, stretching, sport activity and cool down. Classes will be taught by certified Stretch-N-Grow Instructors.

1226.401	RGC	9:30am to 10:15am	April 18 - June 6	Sa
1226.402	DCC	Noon to 12:45pm	April 18 - June 6	Sa
1226.103	WRC	9:30am to 10:15am	July 8 - Aug. 26	W
1226.101	RGC	9:30am to 10:15am	July 11 - Aug. 29	Sa
1226.102	DCC	Noon to 12:45pm	July 11 - Aug. 29	Sa

BASKETBALL SKILLS & DRILLS

Registration Fee: \$40.00

All levels can come and learn the basics skills including passing, dribbling, shooting, rebounding, and defense techniques. The mental aspects of the game such as discipline, team work, and good sportsmanship are encouraged and emphasized. Classes will primarily be held outside in our covered pavilion. Please dress in layers according to the weather.

Ages: 5-7

1204.401	BMCC	9:30am to 10:20am	April 11 - May 30	Sa	Brown, R
1204.101	BMCC	9:30am to 10:20am	July 11 - Aug. 29	Sa	Brown, R
Ages: 8-10)				
1205.401	BMCC	10:30am to 11:20am	April 11 - May 30	Sa	Brown, R
1205.101	BMCC	10:30am to 11:20am	July 11 - Aug. 29	Sa	Brown, R
Ages: 11-1	L5				
1206.401	BMCC	11:30am to 12:20pm	April 11 - May 30	Sa	Brown, R
1206.101	BMCC	11:30am to 12:20pm	July 11 - Aug. 29	Sa	Brown, R

Personal Development Sports • Music

- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

SPORTS - CHILDREN BASKETBALL SKILLS & DRILLS - INT. / ADV.

Registration Fee: \$40.00 Ages: 11-15

All levels can come and learn the basics skills including passing, dribbling, shooting, rebounding, and defense techniques. The mental aspects of the game such as discipline, team work, and good sportsmanship are encouraged and emphasized. Classes will primarily be held outside in our covered pavilion. Please dress in layers according to the weather.

1207.401 BMCC 12:30pm to 1:20pm April 11 - May 30 Brown, R 1207.101 BMCC 12:30pm to 1:20pm July 11 - Aug. 29 Brown, R

ICE SKATING - BEGINNERS

Registration Fee: \$95.00

This introductory program emphasizes fun and security while quickly generating confidence and skills in forward and backward skating. Rental skates are provided at no additional charge. Please arrive 20 minutes early to check in and pick up skates. Large classes are divided based upon age. Parent/child groups may be divided. This is a one-time only beginner class. Progressive classes are available. Located behind Super K-mart Shopping Center on Victory Boulevard (Exit 256B from Interstate 64)

Ages: 7-13

1212.402	PLEX	6pm to 6:30pm	April 13 - June 8	M
1212.404	PLEX	6:15pm to 6:45pm	April 14 - June 2	Tu
1212.405	PLEX	11:15am to 11:45am	April 18 - June 6	Sa
Ages: 14 a	and up			
1211.402	PLEX	10:45am to 11:15am	April 14 - June 2	Tu
1211.403	PLEX	6:50pm to 7:20pm	April 14 - June 2	Tu
1211.404	PLEX	Noon to 12:30pm	April 18 - June 6	Sa

ICE SKATING - TINY TOTS

Registration Fee: \$95.00

This introductory program emphasizes fun and security while quickly generating confidence and skills in forward and backward skating. Rental skates are provided at no additional charge. Please arrive 20 minutes early to check in and pick up skates. Large classes are divided based upon age. Parent/child groups may be divided. This is a one-time only beginner class. Progressive classes are available. Located behind Super K-mart Shopping Center on Victory Boulevard (Exit 256B from Interstate 64)

1208.402	PLEX	5:25pm to 5:55pm	April 13 - June 8	M
1208.403	PLEX	10:45am to 11:15am	April 14 - June 2	Tu
1208.404	PLEX	6:15pm to 6:45pm	April 14 - June 2	Tu
1208.405	PLEX	6:15pm to 6:45pm	April 18 - June 6	Sa

SOCCER - INT.

Registration Fee: \$40.00 Ages: 4-6

This class will introduce basic soccer skills including: dribbling, kicking, passing, and defensive ball-handling techniques. The best part about this class is that everyone gets a chance to touch the ball! **NOTE - this intermediate level class is for those children who do not need a parent with them on the field **

1203.401	BMCC	11:30am to 12:20pm	April 18 - June 20	Sa
1203.402	BMCC	•	April 18 - June 20	Sa
1203.403	BMCC	1:30pm to 2:20pm	April 18 - June 20	Sa
1203.101	BMCC	11:30am to 12:20pm	July 11 - Aug. 29	Sa
1203.102	BMCC	12:30pm to 1:20pm	July 11 - Aug. 29	Sa
1203.103	BMCC	1:30pm to 2:20pm	July 11 - Aug. 29	Sa

Be sure to check our website weekly as we are always adding new classes, camps, workshops, events - www.nnparks.com/active

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Clases

SPORTS – CHILDREN SOCCER - PARENT & CHILD

Registration Fee: \$40.00 Ages: 3 & 4

This class will introduce basic soccer skills including: dribbling, kicking, passing, and defensive ball-handling techniques. The best part about this class is that everyone gets a chance to touch the ball! This class involves both the parent and child in a fun filled 50 minutes of basic soccer skills.

1202.402	BMCC	9:30am to 10:20am	April 18 - June 20	Sa
1202.403	BMCC	10:30am to 11:20am	April 18 - June 20	Sa
1202.102	BMCC	9:30am to 10:20am	July 11 - Aug. 29	Sa
1202.103	BMCC	10:30am to 11:20am	July 11 - Aug. 29	Sa

MUSIC

GUITAR FOR KIDS

Registration Fee: \$50.00 Ages: 7 and up

The guitar is a very popular and fun instrument to learn how to play. Because guitars come in a variety of sizes, students can find an instrument that is the right size for them. The students will learn the basics of playing the guitar with both melody and simple chords while learning well known songs such as "Mary had a Little Lamb," and "Twinkle, Twinkle, Little Star." Guitar rentals are available for \$20. Students wishing to rent a guitar for class should contact the instructor at aubergii@gmail.com prior to the first day of class to make arrangements.

1408.401 DCC 4pm to 4:50pm April 18 - June 6 Auberg, J 1408.101 DCC 11am to 11:50am July 6 - Aug. 24 M Auberg, J

PIANO FOR ADULTS

Registration Fee: \$50.00 Ages: 13 and up

Students will learn to play the piano in a group setting using familiar songs such as; "When the Saints", "Brother John", and "My Country Tis of Thee". Technology combined with a carefully crafted teaching method to create an effective and fun learning environment. Keyboard rentals are available during the duration of the class session (\$20). Please contact the instructor at aubergii@gmail.com to make rental arrangements.

1406.401 DCC 10am to 10:50am April 18 - June 6 Auberg, J Sa 1406.101 DCC 10am to 10:50am July 11 - Aug. 29 Auberg, J

PIANO FOR KIDS

Registration Fee:\$50.00

Ages: 6-12 Students will learn to play the piano in a group setting using familiar songs such as; "Twinkle Twinkle Little Star", "Brother John", and "Mary had a Little Lamb". Technology combined with a carefully crafted teaching method to create an effective and fun learning environment. Keyboard rentals are available during the duration of the class session (\$20). Please contact the instructor at aubergii@gmail.com to make rental arrangements.

1405.401 DCC 9am to 9:50am April 18 - June 6 Auberg, J 1405.102 DCC 9am to 9:50am July 6 - Aug. 24 M Auberg, J 1405.101 DCC 9am to 9:50am July 11 - Aug. 29 Sa Auberg, J

PIANO FOR KIDS - PART 2

Registration Fee: \$50.00 Ages: 6-12

This class is intended for students who have completed Part 1. Class time will be divided between group activities and individual instruction. During individual instruction, the rest of the class will practice or do music related writing exercises. Individual instruction will allow the student to progress at the piano quicker while allowing the student to move at their own pace. Keyboard rentals are available during the duration of the class session (\$20). Please contact the instructor at aubergii@gmail.com to make rental arrangements.

1416.401 DCC 11am to 11:50am April 18 - June 6 Auberg, J 1416.101 DCC 10am to 10:50am July 6 - Aug. 24 Auberg, J

Sports Theater Arts

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
- · Registrations accepted beginning February 26, 2015.

Classes begin the week of April 13 (Spring) and July 6 (Summer)

Accepting MasterCard, Visa, or American Express for instructional Clases

MUSIC RECORDER (ENGLISH FLUTE)

Registration Fee: \$50.00

Although often written off as a toy instrument, the recorder is a full musical instrument in its own right. It was in use in daily music in 18th century America, where it was often referred to as the English flute. Its simplicity in learning to play has made it an ideal first instrument for young students. In this class, students will learn to play the recorder learning wellknown songs such as "Twinkle, Twinkle, Little Star" and "Frere Jacques." Recorders will be available for purchase for \$5. NOTE: \$1 recorders usually do not work well and are not suitable for class.

1407.401 DCC 1407.101 DCC

3pm to 3:50pm Noon to 12:50pm

April 18 - June 6 July 6 - Aug. 24

Sa Auberg, J M Auberg, J

Registration Fee: \$65.00

ACTING I FOR ADULTS Ages: 16 and up

THEATER ARTS

Explore the basics of Acting including improvisation, voice, movement and script analysis. Students are asked to wear clothes they can move in and memorize lines outside of class.

Class culminates in a short performance.

1410.411 BMCC

6:30pm to 8pm

April 13 - June 15

Hollis, L

INTRODUCTION TO THEATRE

Registration Fee: \$110.00

Ages: 7-12

Students learn the basics of acting, voice, movement, and playwriting through a style of theatre. Students are asked to wear clothes they can move in and memorize lines outside

of class. Class culminates in a short performance.

1490.401 BMCC

4:30pm to 6pm

April 13 - June 17

M W

Hollis, L

For a Complete List of Classes and Descriptions, Please Visit Our Website at www.nnparks.com/active 🖛

ActiveNet makes registration simple and convenient

Step 1: Go to www.nnparks.com/active and create an account. We encourage you to do this yourself. If you need assistance please call 926-1400, email: instructional@nngov.com, or stop by one our registration sites.

Step 2: After creating your account, you are ready to register for one of our many instructional classes.

Step 3: Register! There are **4** ways to register for your selected classes.

Register Online: The benefits

of this are that you get immediate confirmation of payment, class

registration, class schedules - and

all from the comfort of home.

Please be aware that ActiveNet

this service, and a valid email

questions about this process,

for fee explanation and other

please see the FAQ's at

helpful information.

Please understand that

the convenience fee

is nonrefundable.

www.nnparks.com/active

address is required. If you have

assesses a convenience fee for

Register in person: At one of these Newport News Parks, Recreation & Tourism Facilities:

Brittingham-Midtown Community Center 570 Mc Lawhorne Drive

Courthouse Way Community Center 14302 Old Courthouse Way

Denbigh Community Center 15198 Warwick Blvd.

Riverview Gymnastics Center 125 City Farm Road

City Center Administrative Offices

700 Town Center Dr., Suite 320

We encourage you to create an account online at www.nnparks.com/active before registering. This will help to speed your registration process and ensure correct information. You may make payment with a check, money order or credit card (MasterCard, Visa or American Express only) No cash is accepted.

Register by phone:

Call 926-1400 to register with a credit card by phone. Please have your class information ready and please create an online account prior to calling if possible to speed your registration process and to ensure correct information.

Register by mail: Registration by mail is accepted. Please realize that registrations are accepted on a first come first serve basis and the mail process would be the slowest form of registration. Payment may be made by credit card (MasterCard, Visa or American Express only) by money order (please include name of participant on money order) or check (please have social security or driver's license number written on check)

Please mail registrations to:

Attn: Class Registration. Department of Parks, Recreation & Tourism 700 Town Center Drive, Suite 320 Newport News, VA 23606

Step 4: Confirm registration: If you registered online or in person, you should receive an immediate receipt or by email. If not, you may check the status of your registration anytime by logging into your account. From there you can print your receipt or receive your receipt by email. If you cannot access your account call 926-1400 and our staff will be happy to assist you!

Step 5: Enjoy your class! We love to hear your feedback. If you have any suggestions on how we can better serve you, please let us know. Thank you, The Instructional Program Staff

Newport News Parks & Recreation Spring and Summer 2015 Class Registration Form

Quarter: SP '15/SU	15 Email:		N	lew Participant	: Address	Change:
Participant Name: Las	t:	First:		Birthda	te:/	/
Parent Name: Last		First:		Birthda	ate:/	/
House #:	Street:		Email a	dress:		
City:	State:_	Zip:	Male 🔲 Female			
Phone: Home: (Cell: ()	-			
List any medical condi	tions/disabilities we should b	e aware of:		special acco	ommodations?_	
CLASS#	CLASS NAME	LOCATION	DATE	DAY	TIME	FEES
release any and all ri all injuries suffered b	ghts and claims for damage y myself or my child at any	ng this registration, I hereby for myse es I or my child may have against the o activity by these groups.	city and its representat	tives, success		s, for any an
COMPLETION OF REG	ISTRATION FORM ACKNOWL	EDGES UNDERSTANDING OF THE REG	SISTRATION AND REFUN	ND POLICY.		
		Chock #	Check Amount \$			
	it: \$	Oneck #				
Total Payment Amour		Card #:			-	
Total Payment Amour Circle One: Masterca	rd Visa AE		-			

Registration Information for Spring/Summer 2015 Instructional Classes

Class Dates: Most classes begin the week of April 13 (Spring) & July 6 (Summer), workshop start dates vary – see class listing for dates. **Participants do not receive confirmation notices. Please go to class location unless notified.**

Payment: No cash accepted. Make check or money order payable to the City of Newport News. When making a payment in person with a personal check, a form of identification is required (a picture I.D.). Checks received by mail do not require identification. Credit Cards accepted for Instructional Classes on pg. 5-22. Please do not include supply fees with class registration.

Caution: Due to the strenuous nature of some activities, the participant is urged to consult a physician before participation. Some activities present inherent risks and hazards, which the participant is urged to consider, and which the participant assumes.

Enrollment: Registration is accepted on a "first come, first served basis" until the maximum number of personas are accommodated. If any forms are incomplete, incorrect, lacking payment, not signed or have post-dated checks, they are rejected and returned. (Please note that early registration is recommended. Classes that do not meet the minimum number of participants will be cancelled based on registrations received. Register early, YOU CAN MAKE THE DIFFERENCE!)

Refunds: Participants who register for classes that do not meet the minimum enrollment standards, are full, cancelled, or otherwise unavailable will be called with alternative classes or the option to request a refund. Participants may request a refund for reasons other than those listed by the registration deadline. For workshops,

please see individual class registration deadline. Enrollee assumes the risk of changes in personal affairs or health. Registrations received by check will receive a check refund. Charge refunds will receive a credit to their account. In case of extenuating circumstances please contact us.

Please put identification number on registration form. Driver's License number will suffice as identification.

Inclement Weather: The Instructional Program is CLOSED for inclement weather if either of the following organizations is closed: City of Newport News or Newport News Public Schools. If Newport News Public Schools operate on a DELAY due to inclement weather, Instructional Programs operate on the same delay. If Newport News Public Schools DISMISS EARLY, or in the event of inclement weather during the summer session, when schools are not open, participants should call the Instructional Notification Service at 926-7277 or (926-1400 for program schedule.

Parents: Classes start and end on schedule; please arrive promptly and pick up your child at the conclusion of the class. Parents may watch any class through the viewing glass, where available, unless participating in a parent/child class. Parent participation is required with all children under three years of age. Registration for parent/child classes is for one parent and one child. A second child of the same age group may register and attend with the same adult. Unregistered children may not be present or participate in classes (including children in car seats, carriers and strollers). Children under the age of 13 are not permitted in facilities without parental supervision.